

Tasty!

Easy, Quick, & Healthy!™

U PAREVE

"MAMA MIA" ITALIAN
VEGGIE SOUP

Makes
5 Cups!

4 oz.
(112 g.)

Vegetarian/Vegan
Gourmet Blends

Meat Free
Dairy Free

Easy Slow Cooker Method

Pour entire contents into a 1½-2 qt. Slow Cooker. Add 4 cups water. Cook slowly for 4 hours.

Stove Top Method

Pour entire contents into saucepan. Add 4 cups water and stir gently to blend seasonings. Bring to a boil. Reduce heat and simmer slowly for 10 minutes (longer for more tender texture), stirring occasionally. Cover, remove from heat, and let stand an additional 5 minutes. Stir gently and serve. May be reheated in the microwave.

Ingredients: Dehydrated Kidney Beans, Dried Tomato Powder, Dehydrated Tomato Dices, Green Beans, Zucchini, Onion, Cabbage; Nutritional Yeast Flakes, Potato Starch, Sea Salt, Italian seasoning.

Try them all!

Harmony House Foods, Inc.
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NUTRITION FACTS

Serving Size: 2/3 cup reconstituted

Servings Per Container: 8

Amount Per Serving

Calories 46 Calories from Fat 1

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 335mg 14%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 8%

Sugars 2g

Protein 3g

Vitamin A 2% * Vitamin C 27% * Calcium 1%
* Iron 39%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
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