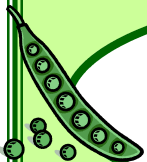


**Tasty!**

**Easy, Quick, & Healthy!**<sup>TM</sup>

**SUPER SAVORY  
SPLIT PEA SOUP**



**Makes  
5 Cups!**

**7 oz.**  
(200g)

**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 green split peas, onion, carrots, potato (freshness preserved with sodium bisulfite); salt, nutritional yeast flakes, paprika, celery seed, garlic powder, dill weed, dried Torula yeast, vegan chicken flavor (salt, sugar, maltodextrin, yeast extract, onion powder, natural flavors, dehydrated carrot juice, beta carotene color, olive oil, garlic powder, spices).

Harmony House Foods, Inc.  
181 Industrial Park Road \* Franklin, NC 28734

[WWW.GoHHF.COM](http://WWW.GoHHF.COM)

**NUTRITION FACTS**

Serving Size: 2/3 cup reconstituted  
Servings Per Container: 8

**Amount Per Serving**

**Calories** 86      **Calories from Fat** 4

**% Daily Value\***

**Total Fat** 0      0%

**Saturated Fat** 0g      0%

**Trans Fat** 0g

**Cholesterol** 0mg      0%

**Sodium** 276mg      12%

**Total Carbohydrate** 15g      5%

**Dietary Fiber** 4g      16%

**Sugars** 2g

**Protein** 6g

Vitamin A 35% \* Vitamin C 5% \* Calcium 2%  
Iron 6%

\*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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