

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: Lentils, potato (freshness preserved with sodium bisulfite), organic quinoa, celery, onion, spinach; potato starch, tomato powder, sea salt, date sugar, 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

NUTRITION FACTS

Serving Size: 2/3 cup reconstituted

Servings Per Container: 8

Amount Per Serving

Calories 75 **Calories from Fat** 2

% Daily Value*

Total Fat 0 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 452mg 19%

Total Carbohydrate 20g 7%

Dietary Fiber 3g 12%

Sugars 2g

Protein 4g

Vitamin A 2% * Vitamin C 10% * Calcium 1%

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.
Lot #1409