

## DIRECTIONS

Pour contents into saucepan. Add 2 cups water. Bring to a boil. Reduce heat and simmer slowly for 10 minutes. Cover, remove from heat, and let stand an additional 5 minutes. Season, stir, and serve.

**BACKPACKING NOTE:** You can soak mix in water without heating or prior to cooking to conserve fuel.

### *Mama Mia Italian Vegetable Soup*

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



## **NUTRITION FACTS**

Serving Size: 2/3 cup reconstituted  
Servings Per Container: About 4

### **Amount Per Serving**

**Calories** 46    Calories from Fat 1

% Daily Value\*

<b>Total Fat</b> 1	2%
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Saturated Fat 0g	0%
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<i>Trans</i> Fat 0g	
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<b>Cholesterol</b> 0mg	0%
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<b>Sodium</b> 335mg	14%
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<b>Total Carbohydrate</b> 9g	3%
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Dietary Fiber 2g	8%
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Sugars 2g	
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<b>Protein</b> 3g	
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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.

Lot #1404

## Try them all!

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