

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.



Super Savory Split Pea Soup

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).

Try them all!

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NUTRITION FACTS

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

Amount Per Serving

Calories 86 Calories from Fat 4

	% Daily Value*
Total Fat 0	0%
Saturated Fat 0g	0%
<i>Trans</i> 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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