

Directions: Add at least 1 cup water for each 1/4 cup of mix. Simmer 10-15 minutes, or soak till soft. Season, and enjoy! *May also use slow cooker.*

NUTRITION FACTS	
Serving Size: 2/3 cup reconstituted	
Servings Per Container: 6	
Amount Per Serving	
Calories 64	Calories from Fat 0
% Daily Value*	
Total Fat 3	5%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 19mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 3g	6%
Vitamin A 47% * Vitamin C 6% *Calcium 1% * Iron 106%	
*Percent Daily Values are based on a 2,000 calorie diet.	
Your daily values may be higher or lower depending on your calorie needs.	
Northern Bean Stew Mix — Lot# 1404	

Ingredients: Dehydrated northern beans, potato (freshness preserve with sodium bisulfite), carrots, onion, celery.

Try them all!

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