

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 51	Calories from Fat 1
	% Daily Value*
Total Fat 0	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 68% * Vitamin C 20% *Calcium 2% * Iron 3%	
*Percent Daily Values are based on a 2,000 calorie diet.	
Your daily values may be higher or lower depending on your calorie needs.	
Vegetable Chili Mix—Lot#1404	

Ingredients: Dehydrated pinto beans, potato dices (freshness preserved with sodium bisulfite), carrots, corn, cabbage, tomatoes, onions.

Try them all!

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