

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.*

7NUTRITION FACTS	
Serving Size: 2/3 cup reconstituted	
Servings Per Container: 6	
Amount Per Serving	
Calories 50	Calories from Fat 6
	% Daily Value*
Total Fat 1	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 77mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	8%
Vitamin A 69% * Vitamin C 34% *Calcium 3% * 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.	
Beefish Soup Mix with Mushrooms — Lot# 1801	

Ingredients: Textured Soy Flour [soy flour, caramel color], carrots, quinoa, celery, bell peppers, mushrooms, onions.

CONTAINS SOY