

**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.*

<b>NUTRITION FACTS</b>	
Serving Size: 2/3 cup reconstituted	
Servings Per Container: 24	
<b>Amount Per Serving</b>	
<b>Calories</b> 49	Calories from Fat 3
	% Daily Value*
<b>Total Fat</b> 1	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 45mg	2%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein</b> 3g	6%
Vitamin A 42% * Vitamin C 40% *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 Stew Mix — Lot# 1708	

**Ingredients:** Textured Soy Flour [soy flour, caramel color], carrots, onion, corn, peas, cabbage, broccoli, celery, green beans, bell pepper. **CONTAINS SOY**