

Directions: Add at least 1 cup water for each 1/4 cup of mix. Simmer 10-15 minutes, or soak till soft. Season,

| NUTRITION FACTS | |
|---|---------------------|
| Serving Size: 2/3 cup reconstituted | |
| Servings Per Container: 6 | |
| Amount Per Serving | |
| Calories 49 | Calories from Fat 3 |
| % Daily Value* | |
| Total Fat 1 | 2% |
| Saturated Fat 0g | 0% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 45mg | 2% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 2g | 8% |
| Sugars 3g | |
| Protein 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# 1801 | |

Ingredients: Textured Soy Flour [soy flour, caramel color], dehydrated potato (preserved with sodium bisulfite), carrots, onion, corn, peas, cabbage, broccoli, celery, green beans, bell pepper.

CONTAINS SOY

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