

## Easy Slow Cooker Method

Pour entire contents into a 1½-2 qt. Slow Cooker. Add 4 cups water. Cook slowly for 3-4 hours.

## Stove Top Method

Pour entire contents into saucepan. Add 4 cups water and stir gently to blend seasonings. Bring to a boil. Reduce heat and simmer slowly for 10 minutes (longer for more tender texture), stirring occasionally. Cover, remove from heat, and let stand an additional 5 minutes. Stir gently and serve. May be reheated in the microwave.

**Ingredients:** Dehydrated black beans, Textured Soy Flour, corn, onion, green pepper, celery, garlic; potato starch, tomato powder, nutritional yeast flakes, sea salt, crushed red pepper, chili powder, basil, cilantro, cumin.

**CONTAINS SOY**

**Try them all!**

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## **NUTRITION FACTS**

Serving Size: 2/3 cup reconstituted

Servings Per Container: 8

### **Amount Per Serving**

**Calories** 63      **Calories from Fat** 2

**% Daily Value\***

**Total Fat** 0      0%

Saturated Fat 0g      0%

*Trans* Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 401mg      17%

**Total Carbohydrate** 15g      5%

Dietary Fiber 4g      16%

Sugars 2g

**Protein** 4g

Vitamin A 4% \* Vitamin C 37% \* Calcium  
3% \* Iron 17%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your  
calorie needs.      Lot #1712