

DIRECTIONS

Pour contents into saucepan. Add 2 cups water. Bring to a boil. Reduce heat and simmer slowly for 10 minutes. Cover, remove from heat, and let stand an additional 5 minutes. Season, stir, and serve.

BACKPACKING NOTE: You can soak mix in water without heating or prior to cooking to conserve fuel.



Unbelievable Black Bean Chili

Ingredients: Dehydrated black beans, Textured Soy Flour, dehydrated 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!

Harmony House Foods, Inc.
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NUTRITION FACTS

Serving Size: 2/3 cup reconstituted
Servings Per Container: About 4

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 7%

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 #1802