

**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: 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 51	Calories from Fat 2
	% Daily Value*
<b>Total Fat</b> 0	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 11mg	2%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 3g	14%
Sugars 1g	
<b>Protein</b> 4g	7%
Vitamin A 4% * Vitamin C 30% *Calcium 2% * 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.	
Black Bean Chili Mix — Lot# 1801	

Ingredients: Dehydrated black beans, Textured Soy Flour, corn, onion, bell pepper, celery.

**CONTAINS SOY**

**Try them all!**

[www.GoHHF.com](http://www.GoHHF.com)