

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.

Garden Veggie Chickenish Soup

Ingredients: Textured soy flour, peas, potato (preserved with sodium bisulfite), carrots, corn, onion, and green beans; potato starch, sea salt, parsley, garlic powder, vegan chicken flavor (salt, sugar, maltodextrin, yeast extract, onion powder, natural flavors, dehydrated carrot juice, beta carotene color, olive oil, garlic powder, spices).

CONTAINS SOY

Harmony House Foods, Inc.
277 Industrial Park Road * Franklin, NC 28734

WWW.GoHHF.COM



NUTRITION FACTS

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

Amount Per Serving

Calories 59 Calories from Fat 5

% Daily Value*

Total Fat 1 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 321mg 13%

Total Carbohydrate 11g 4%

Dietary Fiber 1g 4%

Sugars 3g

Protein 3g

Vitamin A 48% * Vitamin C 13%

*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.

Lot #1802