

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.*

NUTRITION FACTS	
Serving Size: 2/3 cup reconstituted	
Servings Per Container: 6	
Amount Per Serving	
Calories 51	Calories from Fat 5
% Daily Value*	
Total Fat 1	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 52mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	6%
Vitamin A 46% * 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.	
Chickenish Soup Mix — Lot# 1801	

Ingredients: Textured soy flour, peas, potato (preserved with sodium bisulfite), carrots, corn, onion, and green beans.

CONTAINS SOY