

## Easy Slow Cooker Method

Pour entire contents into a 1½-2 qt. Slow Cooker. Add 4 cups water. Cook slowly for 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 Navy Beans, textured soy flour [soy flour, caramel color, red 3], Dehydrated Potato (freshness preserved with sodium bisulfite), onion, & bell pepper; Sea Salt, Tomato Powder, Potato Starch, Nutritional Yeast Flakes, garlic powder, oregano, 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: 8

### **Amount Per Serving**

**Calories** 63      **Calories from Fat** 6

**% Daily Value\***

**Total Fat** 1      2%

**Saturated Fat** 0g      0%

*Trans Fat* 0g

**Cholesterol** 0mg      0%

**Sodium** 405mg      17%

**Total Carbohydrate** 11g      4%

**Dietary Fiber** 3g      12%

**Sugars** 2g

**Protein** 4g

Vitamin A 3% \* Vitamin C 25% \* Calcium 1%

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