

## 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.



### ***Captain John's Navy Bean Soup***

**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**

### **NUTRITION FACTS**

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

#### **Amount Per Serving**

**Calories** 63    Calories from Fat 6

% Daily Value\*

**Total Fat** 1    1%

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

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