

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 55	Calories from Fat 6
	% Daily Value*
Total Fat 1	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 18mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	13%
Sugars 1g	
Protein 3g	6%
Vitamin A 2% * Vitamin C 18% *Calcium 1% * Iron 1%	
*Percent Daily Values are based on a 2,000 calorie diet.	
Your daily values may be higher or lower depending on your calorie needs.	
Navy Bean Soup Mix — Lot# 1801	

Ingredients: Dehydrated Navy Beans, Textured Soy Flour [soy flour, caramel color, red 3], Dehydrated Potato (freshness preserved with sodium bisulfite), onion, & bell pepper.

CONTAINS SOY