

## 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 pinto beans, red beans, kidney beans; Textured Soy Flour, Dehydrated onion, green & red peppers; garlic, potato starch, tomato powder, nutritional yeast flakes, sea salt, crushed red pepper, chili powder, basil, cilantro, cumin.

**CONTAINS SOY**

## Try them all!

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** 60      **Calories from Fat** 2

**% Daily Value\***

**Total Fat** 0      0%

**Saturated Fat** 0g      0%

*Trans* Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 398mg      17%

**Total Carbohydrate** 11g      4%

**Dietary Fiber** 3g      12%

**Sugars** 2g

**Protein** 4g

Vitamin A 3% \* Vitamin C 37% \* Calcium 1%  
Iron 22%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
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