

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: 24	
Amount Per Serving	
Calories 49	Calories from Fat 2
% Daily Value*	
Total Fat 0	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Sugars 1g	
Protein 4g	8%
Vitamin A 3% * Vitamin C 30% *Calcium 1% * Iron 14%	
*Percent Daily Values are based on a 2,000 calorie diet.	
Your daily values may be higher or lower depending on your calorie needs.	
Mixed Bean Chili Mix — Lot# 1710	

Ingredients: Dehydrated pinto beans, red beans, kidney beans; Textured Soy Flour, onion, bell peppers. **CONTAINS SOY**



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