

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.

Southwest Style Mixed Bean Chili

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: About 4

Amount Per Serving

Calories 60 Calories from Fat 2

	% Daily Value*
Total Fat 0	0%
Saturated Fat 0g	0%
<i>Trans</i> 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.

Lot #1802