



As we say around here,
"Welcome to the family!"
See page 22 for delicious recipes



Product Catalog #30

www.GoHHF.com

Fresh for years!



There is a growing trend today toward more simply prepared foods in contrast to processed foods. The word “natural” appears on more products than it did just a decade ago. Non-GMO vegetables continue to be in demand. And everyone is looking for “fresh” as opposed to chemically preserved. I’ve got great news for you! Harmony House has been focused on simple, natural, Non-GMO vegetables, with no additives or preservatives, for years! That’s why for almost two decades we have been proudly proclaiming that our products are “The Freshest Products Anywhere!”

We don’t sell something to you unless we would eat it ourselves. We really do take seriously how we handle and package our food, and we really do use it ourselves. Our FDA inspections continue to give us rave reviews and ZERO deficiencies. Not many food manufacturers can make that claim. Our equipment sparkles, the floors shine and your food is packed in a sanitary environment by a well-trained and suited team. We want you to be proud of the products you receive.

We continue to focus on bringing you the best dehydrated, freeze-dried and organic products available, providing top quality customer service, shipping your orders promptly, while all the time focusing on quality, quality and quality. Even as our family “mushrooms” (excuse the pun) we’re going to continue to treat YOU like the most important member of the family - because you are!

Thanks for joining our growing family!



John Seaman
President

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Our Quality



- All of our products are **Vegan**.
- All of our Fruits, Vegetables & Beans are **Non-GMO**.
- All of our products are **Gluten Free**.
- All of our products are **UPareve**.

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Harmony House Foods, Inc.

277 Industrial Park Rd. Franklin, NC 28734

Customer Service: 1-800-696-1395

Hours: Mon-Thurs, 8am-5pm; Fri, 8am-Noon

FREE SHIPPING on \$99+ orders!

(Lower 48 United States Only. Alaska, Hawaii & International orders, please call)

Freeze-Dried Fruit

Freeze-dried fruits and berries are some of our most popular items. Each variety is all natural with no additives or preservatives. They are excellent for desserts and baked goods, on cereal or just as a quick “ready-to-eat” snack. The kids will love them! Each jar contains a full quart of delicious goodness.

Non-GMO U Pareve

ITEM #	FRUIT SAMPLERS	SIZE	PRICE
50116	Berry Medley	4 count	79.95
50112	Orchard Fruit Medley	4 count	79.95
50114	Tropical Fruit Medley	4 count	79.95
50124	Deluxe Fruit Assortment	12 count	249.95

Non-GMO U Pareve

ITEM #	FREEZE-DRIED FRUIT	SIZE	PRICE
50122	Apple, dices	4 oz	24.95
50142	Banana, slices	6 oz	24.95
50182	Blueberry, whole	6 oz	29.95
50362	Cherry, whole	8 oz	29.95
50162	Mango, dices	4 oz	24.95
50242	Papaya, dices	3 oz	24.95
50282	Peach, dices	2 oz	24.95
51172	Pineapple, dices	5 oz	24.95
50192	Raspberry, whole	3.5 oz	29.95
50102	Strawberry, slices	3 oz	24.95



Deluxe Fruit Assortment

Contains our Jar size of every freeze-dried fruit and berry listed above.
12 Jars Total!

ITEM # 50124 (12 Jars, Quart Size)
Only \$249.95

Freeze-Dried Fruit



Berry Medley

Contains Quart Jars: Blueberry, Blackberry, Raspberry & Strawberry!

ITEM # 50116

(4 Jars, Quart Size) Only \$79.95



Orchard Fruit Medley

Contains Quart Jars: Apple (2), Cherry & Peach!

ITEM # 50112

(4 Jars, Quart Size) Only \$79.95



Tropical Fruit Medley

Contains Quart Jars: Banana, Mango, Papaya & Pineapple!

ITEM # 50114

(4 Jars, Quart Size) Only \$79.95

Non-GMO (U) Pareve

ITEM #	FREEZE-DRIED FRUIT	SIZE	PRICE
50128	Apple, dices	20 lbs	799.95
50148	Banana, slices	20 lbs	399.95
50188	Blueberry, whole	25 lbs	999.95
50368	Cherry, whole	30 lbs	799.95
50168	Mango, dices	25 lbs	899.95
50248	Papaya, dices	20 lbs	899.95
50288	Peach, dices	15 lbs	799.95
51178	Pineapple, dices	20 lbs	695.95
50198	Raspberry, whole	20 lbs	1,495.95
50108	Strawberry, slices	15 lbs	629.95

Fruit Powder

Fruit powder is a cheaper way to experiment with our freeze-dried products. With 64 Tablespoon-sized servings, our fruit powder has four times the fruit as our regular jar of freeze-dried fruit. If you are experienced with our freeze-dried fruit, this may be the product you've been waiting for.

Most people use our fruit powder to enhance flavor, make sauces and more! Try a Tablespoon or two the next time you make homemade ice cream. For an INCREDIBLE fruit smoothie, try 1 Tablespoon of freeze-dried strawberry and banana powder mixed in with your drink. Our fruit powder goes fast! Call for current pricing and availability.

Non-GMO Ⓢ Pareve

ITEM #	FREEZE-DRIED FRUIT POWDER	SIZE	PRICE
50141	Banana Powder	4 Cups	49.95
50181	Blueberry Powder	4 Cups	69.95
50171	Pineapple Powder	4 Cups	59.95
50191	Raspberry Powder	4 Cups	79.95
50101	Strawberry Powder	4 Cups	49.95

Fruit Powder & Bits

LIMITED QUANTITY! Our freeze-dried fruit powder & bits is a true product of our production process. As we process the whole fruit, it generates powder & bits that are not packed into our fruit jars. These powder & bits are still 100% fruit! Many chefs have already discovered a variety of uses for freeze-dried fruit powders. The fresh, concentrated fruit flavor is an excellent addition to breads, fruit sauces, desserts and pastries.

Sign up on the individual product waiting list for each of these Fruit Powder & Bits to make sure you are notified when these products are back in stock!

Non-GMO Ⓢ Pareve

ITEM #	FREEZE-DRIED POWDER & BITS	SIZE	PRICE
50121-2	Apple Powder & Bits	4 Cups	25.00
50141-2	Banana Powder & Bits	4 Cups	25.00
50181-2	Blueberry Powder & Bits	4 Cups	25.00
50161-2	Mango Powder & Bits	4 Cups	25.00
50241-2	Papaya Powder & Bits	4 Cups	25.00
50281-2	Peach Powder & Bits	4 Cups	25.00
50171-2	Pineapple Powder & Bits	4 Cups	25.00
50191-2	Raspberry Powder & Bits	4 Cups	25.00
50101-2	Strawberry Powder & Bits	4 Cups	25.00

Freeze-Dried Fruit Powder + Fruit Powder & Bits



SLUSHIES

Ingredients:

- 1½ c Ice
- ½ c Water
- 6 Tbsp Fruit Powder or Fruit Powder & Bits
- 3 Tbsp Powdered Sugar

Directions: Blend all the ingredients together and adjust the powdered sugar to your liking. We find that some fruit powders need a little more sugar than others because of the varying levels of sweetness. Blueberry powder needs more sugar than pineapple powder!

If you're feeling adventurous, try mixing two different fruit powders together... strawberry and banana are always a great pair!



Dehydrated Vegetables



Dehydrated vegetables are the product of choice for professional chefs, home cooks campers and boaters. The air-dry dehydration process allows the vegetables to rehydrate to their original shape and texture when cooking. This makes them an excellent choice for soups, stews, casseroles and other dishes. Our vegetables are all natural and free of pesticides and chemicals.

		Non-GMO	U Pareve
ITEM #	DEHYDRATED VEGETABLES	SIZE	PRICE
10090	Broccoli, florets	2 oz	4.95
10092	Broccoli, florets	8 oz	19.95
10094	Broccoli, florets	30 oz	49.95
10096	Broccoli, florets	12 lbs	229.95
10098	Broccoli, florets	30 lbs	499.95
10290	Butternut Squash, 1/4" dice	3 oz	4.95
10292	Butternut Squash, 1/4" dice	16 oz	19.95
10296	Butternut Squash, 1/4" dice	20 lb	229.95
10120	Cabbage, 3/8" flake	1.5 oz	3.95
10122	Cabbage, 3/8" flake	6 oz	12.95
10124	Cabbage, 3/8" flake	24 oz	29.95
10126	Cabbage, 3/8" flake	8 lbs	99.95
10128	Cabbage, 3/8" flake	26 lbs	249.95



Bell Peppers

One of our best sellers, our mixed Red & Green Bell Peppers give your meals a taste of summer all year round.

ITEM # 10052 (Quart Jar) Only \$19.95

Non-GMO U Pareve

ITEM #	DEHYDRATED VEGETABLES	SIZE	PRICE
10010	Carrots, 3/8" dice	4 oz	4.95
10012	Carrots, 3/8" dice	15 oz	19.95
10014	Carrots, 3/8" dice	58 oz	49.95
10016	Carrots, 3/8" dice	20 lbs	189.95
10018	Carrots, 3/8" dice	40 lbs	319.95
10020	Celery, canners cut	1.5 oz	3.95
10022	Celery, canners cut	8 oz	19.95
10024	Celery, canners cut	33 oz	49.95
10026	Celery, canners cut	10 lbs	159.95
10028	Celery, canners cut	25 lbs	329.95
10232	Chive, rings	2 oz	12.95
10238	Chive, rings	10 lbs	249.95
10100	Corn, whole kernel	5 oz	5.95
10102	Corn, whole kernel	12 oz	19.95
10104	Corn, whole kernel	48 oz	69.95
10106	Corn, whole kernel	20 lbs	269.95
10108	Corn, whole kernel	50 lbs	529.95
10270	Garlic, Gourmet Minced	6 oz	6.95
10272	Garlic, Gourmet Minced	20 oz	24.95
10278	Garlic, Gourmet Minced	50 lb	629.95

100% Satisfaction Guarantee on all products!

Dehydrated Vegetables

Non-GMO U Pareve

ITEM #	DEHYDRATED VEGETABLES	SIZE	PRICE
10070	Green Beans, 1/2" crosscut	2 oz	5.95
10072	Green Beans, 1/2" crosscut	8 oz	24.95
10074	Green Beans, 1/2" crosscut	30 oz	59.95
10076	Green Beans, 1/2" crosscut	10 lbs	239.95
10160	Jalapeno, 1/4" dice	1.5 oz	3.95
10162	Jalapeno, 1/4" dice	6 oz	17.95
10164	Jalapeno, 1/4" dice	28 oz	49.95
10166	Jalapeno, 1/4" dice	8 lbs	149.95
10168	Jalapeno, 1/4" dice	30 lbs	479.95
10170	Leeks, 3/8" flake	.5 oz	3.95
10172	Leeks, 3/8" flake	3 oz	12.95
10174	Leeks, 3/8" flake	12 oz	24.95
10176	Leeks, 3/8" flake	5 lbs	99.95
10178	Leeks, 3/8" flake	14 lbs	199.95
10132	Mushrooms, sliced button	3 oz	19.95
10134	Mushrooms, sliced button	14 oz	56.95
10136	Mushrooms, sliced button	5 lbs	239.95
10138	Mushrooms, sliced button	20 lbs	799.95
10182	Mushrooms, Bits & Pieces	6 oz	29.95
10184	Mushrooms, Bits & Pieces	24 oz	69.95
10186	Mushrooms, Bits & Pieces	7 lbs	249.95
10188	Mushrooms, Bits & Pieces	20 lbs	599.95
11052	Mushrooms, Champignon	2.25 oz	19.95
11072	Mushrooms, Gourmet Lion's Mane	2.25 oz	29.95
11012	Mushrooms, Gourmet Maitake	1.5 oz	19.95
11032	Mushrooms, Oyster	1.75 oz	19.95
11062	Mushrooms, Portabella	1.75 oz	19.95
11042	Mushrooms, Royal Trumpet	1.5 oz	26.95
11022	Mushrooms, Sliced Shiitake	1.75 oz	19.95
11052-2	Mushrooms, Champignon Powder & Bits	Quart Size Jar	19.95
11072-2	Mushrooms, Gourmet Lion's Mane Powder & Bits	Quart Size Jar	29.95
11012-2	Mushrooms, Gourmet Maitake Powder & Bits	Quart Size Jar	19.95
11032-2	Mushrooms, Oyster Powder & Bits	Quart Size Jar	19.95
11062-2	Mushrooms, Portabella Powder & Bits	Quart Size Jar	19.95
11042-2	Mushrooms, Royal Trumpet Powder & Bits	Quart Size Jar	26.95
11022-2	Mushrooms, Sliced Shiitake Powder & Bits	Quart Size Jar	19.95

Dehydrated Vegetables

Non-GMO (U) Pareve

ITEM #	DEHYDRATED VEGETABLES	SIZE	PRICE
10080	Onions, chopped white	4 oz	4.95
10082	Onions, chopped white	14 oz	19.95
10084	Onions, chopped white	58 oz	54.95
10086	Onions, chopped white	18 lbs	199.95
10088	Onions, chopped white	35 lbs	329.95
10060	Sweet Peas, whole	4 oz	5.95
10062	Sweet Peas, whole	16 oz	24.95
10064	Sweet Peas, whole	62 oz	69.95
10066	Sweet Peas, whole	25 lbs	329.95
10068	Sweet Peas, whole	44 lbs	499.95
10050	Peppers, 3/8" mixed	2.25 oz	4.95
10052	Peppers, 3/8" mixed	10 oz	19.95
10054	Peppers, 3/8" mixed	36 oz	46.95
10056	Peppers, 3/8" mixed	14 lbs	199.95
10058	Peppers, 3/8" mixed	25 lbs	309.95
10030	Potatoes, 1/4" dice	2.25 oz	3.95
10032	Potatoes, 1/4" dice	10.5 oz	14.95
10034	Potatoes, 1/4" dice	40 oz	39.95
10036	Potatoes, 1/4" dice	15 lbs	139.95
10038	Potatoes, 1/4" dice	35 lbs	279.95
10044	Potatoes, sliced	24 oz	26.95
10046	Potatoes, sliced	10 lbs	99.95
10242	Shallots, 1/4" dice	8 oz	19.95
10246	Shallots, 1/4" dice	12 lbs	199.95
10248	Shallots, 1/4" dice	44 lbs	629.95
10140	Spinach, flakes	1 oz	3.95
10142	Spinach, flakes	4 oz	14.95
10144	Spinach, flakes	16 oz	29.95
10146	Spinach, flakes	5 lbs	99.95
10148	Spinach, flakes	20 lbs	329.95
10222	Sweet Potato, 3/8" dice	19.5 oz	24.95
10224	Sweet Potato, 3/8" dice	64 oz	59.95
10226	Sweet Potato, 3/8" dice	25 lbs	279.95
10150	Tomato, 3/8" dice	2 oz	4.95
10152	Tomato, 3/8" dice	8 oz	17.95
10154	Tomato, 3/8" dice	32 oz	44.95
10156	Tomato, 3/8" dice	12 lbs	179.95
10158	Tomato, 3/8" dice	25 lbs	329.95

Dehydrated Vegetables

Non-GMO U Pareve

ITEM #	DEHYDRATED VEGETABLES	SIZE	PRICE
10110	Tomato Powder	6 oz	7.95
10112	Tomato Powder	24 oz	29.95
10114	Tomato Powder	5 lbs	79.95
10116	Tomato Powder	30 lbs	379.95
10118	Tomato Powder	44 lbs	479.95
10210	Vegetable Soup Mix	3 oz	4.95
10212	Vegetable Soup Mix	9 oz	17.95
10214	Vegetable Soup Mix	44 oz	49.95
10216	Vegetable Soup Mix	16 lbs	209.95
10218	Vegetable Soup Mix	30 lbs	349.95
10262	Zucchini, 3/8" dice	10 oz	19.95
10264	Zucchini, 3/8" dice	43 oz	59.95
10266	Zucchini, 3/8" dice	10 lbs	169.95
10268	Zucchini, 3/8" dice	20 lbs	279.95

Freeze-Dried Vegetables

Freeze-dried vegetables are an excellent choice for quick cooking, backpacking or healthy snacking. Each variety is all natural with no additives or preservatives. Enjoy the wonderfully fresh flavor!



Sweet Corn
8oz Only \$19.95
ITEM # 60122



Green Peas
10oz Only \$19.95
ITEM # 60182



Mushrooms
1.5oz Only \$19.95
ITEM # 60262



Soybeans
8oz Only \$19.95
ITEM # 60242

Non-GMO U Pareve

ITEM #	FREEZE-DRIED VEGETABLES	SIZE	PRICE
60122	Super Sweet Corn	8 oz	19.95
60182	Green Peas	10 oz	19.95
60272	Mushrooms, Diced	1.5 oz	12.95
60262	Mushrooms, Sliced	1.5 oz	19.95
60242	Soybeans (Edamame)	8 oz	19.95
60128	Super Sweet Corn	22 lbs	349.95
60188	Green Peas	25 lbs	349.95
60268	Mushrooms, Sliced	10 lbs	699.95
60248	Soybeans (Edamame)	30 lbs	699.95

Organic Dehydrated Vegetables



Premium dehydrated vegetables from Harmony House Foods are a great addition to any meal. And now you have ORGANIC options! Feed your family with confidence with only the finest in ORGANIC quality!

Non-GMO (U) Pareve

ITEM #	ORGANIC VEGETABLES	SIZE	PRICE
70022	Organic Red Beet Dices	16.5 oz	24.95
70028	Organic Red Beet Dices	55 lbs	599.95
70012	Organic Carrots	14 oz	24.95
70018	Organic Carrots	40 lbs	479.95
70312	Organic Green Bell Peppers	9 oz	24.95
70318	Organic Green Bell Peppers	20 lbs	399.95
70322	Organic Kale Flakes	2.5 oz	19.95
70328	Organic Kale Flakes	20 lbs	479.95
70082	Organic Onions	16 oz	24.95
70088	Organic Onions	35 lbs	429.95
70032	Organic Pumpkin Dices	13.5 oz	24.95
70038	Organic Pumpkin Dices	50 lbs	699.95
70302	Organic Red Bell Peppers	11 oz	24.95
70308	Organic Red Bell Peppers	30 lbs	579.95
70142	Organic Spinach Flakes	4.2 oz	19.95
70148	Organic Spinach Flakes	20 lbs	479.95
70222	Organic Sweet Potatoes	16 oz	24.95
70228	Organic Sweet Potatoes	40 lbs	499.95
70332	Organic Tomato Flakes	10.5 oz	24.95
70338	Organic Tomato Flakes	25 lbs	429.95
70112	Organic Tomato Powder	26 oz	39.95
70118	Organic Tomato Powder	44 lbs	799.95
79016	Organic Vegetable Pantry Stuffer	8 count	149.95



Organic Vegetable Pantry Stuffer

Organic just got even better! Try eight of our organic vegetables with this pantry stuffer.

ITEM # 79016 (8 Jars, Quart Size)

Only \$149.95

Dehydrated Beans & Legumes (Quick Cook)

This is one of the most innovative products we've ever introduced! Dehydrated Beans are not just dry beans, but a truly dehydrated bean. When using this product, there is no need to sort, clean, soak or cook for hours. Simply add the desired amount to your cooking container and simmer for about 10-15 minutes. That's it! Every cook should discover the ease of using these beans and legumes.



Non-GMO  Pareve

ITEM #	DEHYDRATED BEANS & LEGUMES	SIZE	PRICE
12040	Black Beans	4 oz	3.95
12042	Black Beans	16 oz	14.95
12044	Black Beans	4 lbs	39.95
12046	Black Beans	25 lbs	179.95
12070	Dark Kidney Beans	4 oz	3.95
12072	Dark Kidney Beans	16 oz	14.95
12074	Dark Kidney Beans	60 oz	39.95
12076	Dark Kidney Beans	25 lbs	199.95
12090	Garbanzo Beans	4 oz	3.95
12092	Garbanzo Beans	16 oz	14.95
12094	Garbanzo Beans	4 lbs	39.95
12096	Garbanzo Beans	25 lbs	179.95
12060	Great Northern Beans	4 oz	3.95
12062	Great Northern Beans	16 oz	14.95
12064	Great Northern Beans	4 lbs	39.95
12066	Great Northern Beans	25 lbs	179.95

100% Satisfaction Guarantee on all products!

Dehydrated Beans & Legumes

Non-GMO (U) Pareve

ITEM #	DEHYDRATED BEANS & LEGUMES	SIZE	PRICE
12010	Lentils	4 oz	3.95
12012	Lentils	16 oz	14.95
12014	Lentils	60 oz	39.95
12016	Lentils	25 lbs	179.95
12050	Navy Beans	4 oz	3.95
12052	Navy Beans	16 oz	14.95
12054	Navy Beans	4 lbs	39.95
12056	Navy Beans	25 lbs	179.95
12080	Pinto Beans	4 oz	3.95
12082	Pinto Beans	16 oz	14.95
12084	Pinto Beans	4 lbs	39.95
12086	Pinto Beans	25 lbs	179.95
12030	Red Beans	4 oz	3.95
12032	Red Beans	16 oz	14.95
12034	Red Beans	4 lbs	39.95
12036	Red Beans	25 lbs	179.95
12020	Split Peas	6 oz	3.95
12022	Split Peas	22 oz	14.95
12024	Split Peas	5 lbs	39.95
12026	Split Peas	35 lbs	199.95

Dehydrated Bean Flakes

Still precooked & dehydrated, our NEW bean flakes are salted and ready to eat almost immediately! Just add one part boiling water to 1½ parts product, cover and let sit for 3-5 minutes. That's it!

Non-GMO (U) Pareve

ITEM #	DEHYDRATED BEAN FLAKES	SIZE	PRICE
12000	Black Bean Flakes	2.5 oz	2.95
12002	Black Bean Flakes	11.5 oz	12.95
12004	Black Bean Flakes	46 oz	39.95
12006	Black Bean Flakes	18 lbs	169.95
12200	Pinto Bean Flakes	3 oz	2.95
12202	Pinto Bean Flakes	12 oz	12.95
12204	Pinto Bean Flakes	48 oz	39.95
12206	Pinto Bean Flakes	18 lbs	169.95

The Original Backpacking Kit

Practical... Wholesome... Fresh!



Each kit contains a cup of the following dehydrated vegetables: Cabbage, Carrots (2), Celery, Sweet Corn, Green Beans, Chopped Onions, Sweet Peas (2), Red & Green Peppers, Potato Dices (2), Tomato Dices, Lentils, Red Beans, Black Beans, Northern Beans, Pinto Beans.



"An insane deal, one that will lift your backwoods chow to new heights."
~ Backpacker magazine

Cooks in 15 minutes or less ITEM# 19040 ONLY \$69.95

The Backpacking Soup & Chili Kit

Season it Your Way!

The creative Harmony House Soup Mixes are the starting point for our popular and timeless Gourmet Soup Blends, and now they are available to you, ready to hit the trail! The Backpacking Soup & Chili Kit includes the following: Chickenish Soup Mix (2), Black Bean Chili Mix (2), Mixed Bean Chili Mix (2), Italian Vegetable Soup Mix (2), Corn Chowder Mix (2), Vegetable Chili Mix (2), Beefish Stew Mix, Split Pea Soup Mix, Lentil Soup Mix, Navy Bean Soup Mix, Northern Bean Stew Mix, Beefish Soup Mix with Mushrooms.

- Low Sodium & Low Fat
- Season it just the way you like it
- Makes 6-8 Servings Per Zip
(TOTAL = 120+ Servings!)
- Gluten Free
- Vegan/Vegetarian
- OU Kosher

ITEM# 96030 Only \$69.95



Trail-Ready Gourmet Soup & Chili Pack

Our Gourmet Soup Blends have been a customer favorite for years, and now they are available to you in our READY-FOR-THE-TRAIL Personal Size! Excellent for RVers, campers, busy moms or just about anyone who wants the convenience of a ready-to-go meal with minimal preparation. Make sure to always have some on hand for when company comes over. The TRAIL-READY Gourmet Soup & Chili Pack includes the following: Garden Veggie Chickenish Soup (2), Unbelievable Black Bean Chili (2), Southwest Style Mixed Bean Chili (2), Mama Mia Italian Vegetable Soup (2), Creamy Good Corn Chowder (2), Verylicious Veggie Chili (2), Hearty Texas Beefish Stew, Super Savory Split Pea Soup, Greek Lentil Soup with Quinoa, Captain John's Navy Bean Soup, Great Northern Bean Stew, Beefish Quinoa with Mushrooms.

- Low Fat
- Ready for Home or the Trail
- Makes 4 Servings Per Pouch (TOTAL = 72 Servings!)
- Gluten Free
- Vegan/Vegetarian
- OU Kosher



ITEM# 96040 Only \$69.95

Plant-Based Protein

Made with soy protein, our plant-based protein is a meat-like substitute that adds texture and protein to any vegetarian dish, without animal fat. We now offer both flavored and unflavored plant-based protein varieties to use in your meals! These proteins rehydrate quickly in water, but you can also add them directly to dishes when cooking without rehydrating them first.

Our flavored plant-based protein adds a convincing “meat” taste to your dishes that will delight even the most avid meat-eaters. Try all six of our flavored plant-based proteins in a sampler, pantry stuffer or family pack!

U Pareve

ITEM #	FLAVORED PLANT-BASED PROTEIN	SIZE	PRICE
22050	Bacon Flavored Bits	3 oz	3.95
22052	Bacon Flavored Bits	14 oz	16.95
22054	Bacon Flavored Bits	46 oz	36.95
22058	Bacon Flavored Bits	25 lbs	179.95
22010	Beef Flavored Bits	3 oz	3.95
22012	Beef Flavored Bits	14 oz	17.95
22014	Beef Flavored Bits	46 oz	39.95
22018	Beef Flavored Bits	25 lbs	199.95
22020	Chicken Flavored Bits	3 oz	3.95
22022	Chicken Flavored Bits	15 oz	17.95
22024	Chicken Flavored Bits	50 oz	39.95
22028	Chicken Flavored Bits	25 lbs	199.95
22100	Chorizo Flavored Crumbles	4 oz	4.95
22102	Chorizo Flavored Crumbles	16 oz	19.95
22104	Chorizo Flavored Crumbles	60 oz	49.95
22108	Chorizo Flavored Crumbles	25 lbs	209.95



Flavored Plant-Based Protein Sampler

This sampler contains the ZIP Pouch size of the following plant-based proteins: Bacon Flavored Bits, Beef Flavored Bits, Chicken Flavored Bits, Chorizo Flavored Crumbles, Sausage Flavored Crumbles & Taco Flavored Bits!

ITEM # 29020 (ZIP Pouch/6ct.)

Only \$22.95

More Stock-Up Kits on pg. 26

Flavored Plant-Based Protein

U Pareve

ITEM #	FLAVORED PLANT-BASED PROTEIN	SIZE	PRICE
22070	Sausage Flavored Crumbles	3 oz	3.95
22072	Sausage Flavored Crumbles	15 oz	19.95
22074	Sausage Flavored Crumbles	50 oz	39.95
22078	Sausage Flavored Crumbles	25 lbs	199.95
20050	Taco Flavored Bits	4 oz	4.95
20052	Taco Flavored Bits	20 oz	19.95
20054	Taco Flavored Bits	78 oz	54.95
20056	Taco Flavored Bits	20 lbs	169.95
20058	Taco Flavored Bits	25 lbs	199.95

SPLIT PEA SOUP WITH BACON FLAVORED BITS

Ingredients:

- 1 Bag of Super Savory Split Pea Soup
- Bacon Flavored Bits
- or 1 Zip of Split Pea Soup Mix - PLAIN
- Salt & Pepper
- 4 c Water
- Oregano & Thyme

Directions: Choose between our Super Savory Split Pea Soup that is preseasoned and our plain Split Pea Soup Mix, depending on your seasoning preferences. Pour the bag or zip in a crock pot with the water and cook slowly for 4 hours. Once the soup is ready, season it to taste with salt, pepper, oregano and thyme. Then add bacon flavored bits as a delicious vegan garnish!



Unflavored Plant-Based Protein

Plant-Based Protein

Our unflavored plant-based protein uses NO Hydrogenated Oils, NO MSG, NO added salt or sugar and NO additives or preservatives. It is just soy good, with the same “meaty” texture you’ve come to enjoy! Stock your kitchen with ALL of our plant-based protein varieties for a vegetarian delight.

U Pareve

ITEM #	UNFLAVORED PLANT-BASED PROTEIN	SIZE	PRICE
21080	Textured Soy Protein (Unflavored)	2.5 oz	3.95
21082	Textured Soy Protein (Unflavored)	10 oz	12.95
21084	Textured Soy Protein (Unflavored)	42 oz	24.95
21086	Textured Soy Protein (Unflavored)	15 lbs	79.95
21088	Textured Soy Protein (Unflavored)	30 lbs	149.95
22080	Textured Soy Protein (Non-GMO, Unflavored)	2 oz	3.95
22082	Textured Soy Protein (Non-GMO, Unflavored)	10 oz	12.95
22084	Textured Soy Protein (Non-GMO, Unflavored)	45 oz	29.95
22086	Textured Soy Protein (Non-GMO, Unflavored)	15 lbs	99.95
22088	Textured Soy Protein (Non-GMO, Unflavored)	30 lbs	179.95



Textured Soy Protein (Non-GMO, Unflavored)

We now offer a Non-GMO Textured Soy Protein!

ITEM # 22082 (10 oz JAR)

Only \$12.95

Textured Soy Protein (Unflavored)

Our plain Textured Soy Protein is a customer favorite for its ability to absorb the flavors of your dish and add a nice meaty texture.

ITEM # 21084 (42 oz JUG)

Only \$24.95



100% Satisfaction Guarantee on all products!

Unflavored Plant-Based Protein

U Pareve

ITEM #	UNFLAVORED PLANT-BASED PROTEIN	SIZE	PRICE
21010	Beef Style Bits (Unflavored)	2.5 oz	3.95
21012	Beef Style Bits (Unflavored)	10 oz	12.95
21014	Beef Style Bits (Unflavored)	40 oz	29.95
21016	Beef Style Bits (Unflavored)	15 lbs	99.95
21018	Beef Style Bits (Unflavored)	30 lbs	149.95
21030	Beef Style Chunks (Unflavored)	2.5 oz	3.95
21032	Beef Style Chunks (Unflavored)	12 oz	14.95
21034	Beef Style Chunks (Unflavored)	48 oz	34.95
21036	Beef Style Chunks (Unflavored)	15 lbs	109.95
21038	Beef Style Chunks (Unflavored)	30 lbs	199.95
21090	Beef Style Pieces (Unflavored)	2.5 oz	2.95
21092	Beef Style Pieces (Unflavored)	10 oz	12.95
21094	Beef Style Pieces (Unflavored)	42 oz	29.95
21096	Beef Style Pieces (Unflavored)	15 lbs	99.95
21098	Beef Style Pieces (Unflavored)	30 lbs	149.95
21020	Chicken Style Bits (Unflavored)	3 oz	3.95
21022	Chicken Style Bits (Unflavored)	12 oz	12.95
21024	Chicken Style Bits (Unflavored)	44 oz	29.95
21026	Chicken Style Bits (Unflavored)	15 lbs	99.95
21028	Chicken Style Bits (Unflavored)	30 lbs	149.95
21060	Chicken Style Chunks (Unflavored)	3 oz	3.95
21062	Chicken Style Chunks (Unflavored)	10 oz	12.95
21064	Chicken Style Chunks (Unflavored)	46 oz	29.95
21066	Chicken Style Chunks (Unflavored)	15 lbs	119.95
21068	Chicken Style Chunks (Unflavored)	30 lbs	199.95
21070	Chicken Style Flakes (Unflavored)	4 oz	4.95
21072	Chicken Style Flakes (Unflavored)	12 oz	14.95
21074	Chicken Style Flakes (Unflavored)	48 oz	39.95
21076	Chicken Style Flakes (Unflavored)	15 lbs	129.95
21078	Chicken Style Flakes (Unflavored)	30 lbs	209.95



Unflavored Plant-Based Protein Sampler

This sampler contains the ZIP Pouch size of the following popular plant-based protein choices: Beef Style Bits, Chunks, Pieces; Chicken Style Bits, Chunks, Flakes.

ITEM # 29030 (ZIP Pouch/6ct.)

Only \$22.95

HOMEMADE APPLESAUCE

Directions: Place HHF apple dices in a saucepan on low heat and add water a little at a time to rehydrate the dices. Place the lid on the pan and then mash the apples once they start to break down.

Optional: Add cinnamon spice to your applesauce for a twist. If you like your applesauce sweet, add the sweetener of your choice.

Cool in the fridge and enjoy!



THE HARMONY HOUSE BLACK BEAN BURGER RECIPE

Ingredients:

- $\frac{3}{4}$ c HHF Dehydrated Black Beans
- 1 c Water
- 3 Tbsp HHF Dehydrated Peppers
- 3 Tbsp HHF Dehydrated Onions
- 1 tsp Cumin
- 1 tsp Chili Powder
- $\frac{1}{2}$ tsp Garlic Powder
- $\frac{1}{4}$ tsp Salt
- $\frac{1}{4}$ c Bread Crumbs
- $\frac{1}{4}$ c Whole Wheat Flour
- 1 Egg

Directions: Place dried black beans and water in a food processor and pulse lightly. Pour into a bowl and add remaining ingredients, except bread crumbs, flour and egg. Stir and let sit for 10 minutes to soak up water. Mix in bread crumbs, flour and egg.

Skillet method: Heat a nonstick pan over medium heat. Shape burger mix into patties in the pan and let cook 6-8 minutes. Flip and cook an addition 6-8 minutes.

Oven method: Preheat oven to 375 degrees Fahrenheit. Shape patties on a well-greased baking pan. Bake 8 minutes. Flip and bake an additional 8 minutes.

Serve on whole wheat burger bun with your favorite burger toppings!

“CHEESY” POPCORN

Ingredients:

- ¼ c Popcorn Kernels Per Person
- 1-1½ Tbsp Butter or Oil Per Person
- HHF Sea Salt
- HHF Nutritional Yeast

Directions: Heat 1-1½ Tbsp of butter or coconut oil in a pot and add a dash of sea salt as the butter/oil melts. Then add the kernels to the pot and cover with a lid; we like to use ¼ cup kernels per person. When the popping stops, sprinkle to taste with nutritional yeast for a “cheesy” taste!



SMOOTHIE IDEAS

1. Freeze-Dried Bananas

Aside from pie fillings, cake batters and other sweet treats, freeze-dried fruit powders are also excellent in smoothies. With high levels of potassium, dietary fiber and vitamins, you can expect a good burst of energy. Better yet, since bananas contain natural sugars with a low glycemic index, you don't have to worry about a sugar crash.

2. Freeze-Dried Blueberries

Another great fruit choice is freeze-dried blueberries. The health benefits of blueberries are amazing – a long list of vitamins and minerals is just the beginning. Above all, these tiny, blue bundles are bursting with fresh flavor that complements any smoothie recipe we can imagine.

3. Dried Spinach Flakes

Using spinach flakes to make a green power smoothie is one of our favorite things to do. When spinach flakes are mixed with sweet fruits like banana and blueberry, the taste is almost undetectable. It's the perfect way to trick picky eaters into getting their leafy greens.

4. Add-on Ingredient: Protein Powder

If you are interested in making a protein smoothie, try including unflavored plant-based protein.

For more great recipe and food ideas, check out our [BLOG at GoHHF.com](http://GoHHF.com).

GARLIC MASHED POTATOES WITH CHIVES

Ingredients:

- 2 c HHF Dehydrated Potatoes
- 4 c Water
- 1 tsp HHF Sea Salt
- 1 tsp HHF Dehydrated Garlic
- ½ c Milk (or Milk Substitute)
- 3 Tbsp Melted Butter
- 2 Tbsp HHF Dehydrated Chives

Directions: Place potatoes, water, salt and garlic in a saucepan and bring to a boil. In a liquid measuring cup, combine remaining ingredients and set aside. Simmer potato mixture about 10 minutes or until the water is absorbed and potatoes begin to look dry. When the potatoes are done, remove from heat and mash. If you like pieces in your potatoes, use a hand potato masher. For creamier potatoes, use an electric mixer. Add the milk mixture to the potatoes and stir well. Serve warm and enjoy!



CHERRY SAUCE

Ingredients:

- 1 c HHF Freeze-Dried Cherries
- ½ c Water
- 1/8 c Sugar*
- Splash of Vanilla
- 1 tsp Lemon Juice
- Dash of HHF Sea Salt
- 1 tsp Cornstarch**
- 1 tsp Water (to add to cornstarch)

Directions: Mix the cornstarch and 1 tsp water and set aside. Add the cherries, ½ cup water, sugar, vanilla, lemon juice and salt to a saucepan, bring to a boil and simmer for 5 minutes. Add the cornstarch mixture to the saucepan and simmer for an additional 3 minutes, stirring constantly. Remove the sauce from the heat and cool.

Notes: *Adjust the sugar according to how sweet you like your cherry sauce. **The cornstarch mixture serves as a thickening agent for your sauce. You can adjust the amount of cornstarch you use depending on how thin/thick you like your sauce.

SWEET POTATO & LENTIL COMFORT SOUP

Ingredients:

- 2 c Water
- 2 c Vegetable Broth
- ½ c HHF Dehydrated Sweet Potatoes
- ¼ c HHF Dried Lentils
- 2 Tbsp HHF Dried Spinach Flakes
- 1 Tbsp HHF Dried Onions
- 1 Tbsp HHF Dehydrated Carrots
- ¼ tsp HHF Dehydrated Garlic
- 1 tsp Fresh Thyme
- HHF Sea Salt to Taste

Directions: Add all ingredients to a medium pot. Bring contents to a boil and then reduce to medium heat. Simmer for approximately 15-20 minutes. Serve and enjoy!



MEATLESS TACOS

Ingredients:

- ½ c HHF Beef or Taco Flavored Bits
- 1 c Water
- Taco Shells (Hard or Soft)
- Shredded Cheese
- Shredded Lettuce
- Fresh Diced Tomatoes
- HHF Bean Flakes

Directions: To rehydrate the flavored plant-based protein, add 1 cup of water to ½ cup of your flavored protein of choice and simmer for 5-10 minutes. Warm your tortilla shells (hard or soft) and add your protein and favorite toppings. For an extra boost of flavor, consider mixing Chorizo Flavored Crumbles with the Beef and/or Taco Flavored Bits!

Our new black and pinto bean flakes already contain salt and make a great side of refried beans. Add 1 part boiling water to 1½ parts product, cover and let sit for 3-5 minutes for the best refried texture.

For more great recipe and food ideas, check out our BLOG at GoHHF.com.

Samplers & Stock-Up Kits

Our Samplers are an excellent way to “test” our products before you stock up. Samplers include a variety of foods in our one cup size ZIP Pouches. If you choose one of our COMBO samplers and kits, you will also receive our four seasonings so you can season your meals to your specific taste. When you’re ready to purchase volume quantities, the Pantry Stuffers & Family Packs are excellent, cost-effective ways to do so. Pantry Stuffers include our one quart size jars, and Family Packs include our one gallon size jugs.

ITEM #	SAMPLERS & STOCK-UP KITS	SIZE	PRICE
19040	Backpacking Kit	18 ZIP Pouches	69.95
19031	Deluxe Sampler	32 ZIP Pouches	99.95
96040	Trail-Ready Gourmet Soup & Chili Pack	18 ZIP Pouches	69.95
19015	Vegetable Sampler	15 ZIP Pouches	59.95
19016	Vegetable Pantry Stuffer	16 Varieties, Quart Size	229.95
19017	Vegetable Family Pack	16 Varieties, Gallon Size	599.95
96030	Backpacking Soup & Chili Kit	18 ZIP Pouches	69.95
96035	Backpacking Soup & Chili Kit COMBO	18 ZIP Pouches/Seasonings	99.95
96070	Soup & Chili Mix Sampler	12 ZIP Pouches	44.95
96079	Soup & Chili Mix Sampler COMBO	12 ZIP Pouches/Seasonings	69.95
96060	Soup & Chili Mix Pantry Stuffer	12 Varieties, Quart Size	179.95
96050	Gourmet Soup & Chili Blend Sampler	12 Bags, Personal Size	49.95
96020	Value Soup Variety Pack	12 Bags, Family Size	69.95
96010	Deluxe Soup Variety Pack	12 Bags, Family Size/Cooker	99.95
79016	Organic Vegetable Pantry Stuffer	8 Varieties, Quart Size	149.95
19020	Bean & Legume Sampler	8 ZIP Pouches	29.95
19021	Bean & Legume Pantry Stuffer	8 Varieties, Quart Size	99.95
19022	Bean & Legume Family Pack	8 Varieties, Gallon Size	299.95
29020	Flavored Plant-Based Protein Sampler	6 ZIP Pouches	22.95
29022	Flavored Plant-Based Protein Pantry Stuffer	6 Varieties, Quart Size	79.95
29024	Flavored Plant-Based Protein Family Pack	6 Varieties, Gallon Size	199.95
29030	Unflavored Plant-Based Protein Sampler	6 ZIP Pouches	22.95
29032	Unflavored Plant-Based Protein Pantry Stuffer	6 Varieties, Quart Size	69.95
29034	Unflavored Plant-Based Protein Family Pack	6 Varieties, Gallon Size	179.95
29040	Deluxe Plant-Based Protein Sampler	12 ZIP Pouches	39.95
11092	Mushroom Pantry Stuffer	7 Varieties, Quart Size	129.95
50116	Berry Medley	4 Jars, Quart Size	79.95
50112	Orchard Medley	4 Jars, Quart Size	79.95
50114	Tropical Medley	4 Jars, Quart Size	79.95
50124	Deluxe Fruit Assortment	12 Varieties, Quart Size	249.95

Vegetable Sampler

This sampler contains the ZIP Pouch size of the following: Broccoli, Cabbage, Carrots, Celery, Sweet Corn, Green Beans, Jalapeños, Leeks, Chopped White Onions, Sweet Peas, Mixed Bell Peppers, Diced Potatoes, Spinach Flakes, Tomato Dices, Tomato Powder.

Item # 19015 (15 ct.) Only \$59.95

Bean & Legume Sampler

This sampler contains the ZIP Pouch size of the following Beans & Legumes: Lentils, Split Peas, Red Beans, Black Beans, Navy Beans, Great Northern Beans, Dark Kidney Beans, Pinto Beans.

Item # 19020 (8 ct.) Only \$29.95

Unflavored Plant-Based Protein Sampler

This sampler contains the ZIP Pouch size of the following popular plant-based protein choices: Beef Style Bits, Chunks, Pieces; Chicken Style Bits, Chunks, Flakes.

Item #29030 (6 ct.) Only \$22.95

Deluxe Sampler

Try 'em all the easy way! This sampler contains the ZIP Pouch size of a large variety of our products: Broccoli, Cabbage, Carrots, Celery, Sweet Corn, Green Beans, Jalapeños, Leeks, Chopped Onions, Sweet Peas, Mixed Bell Peppers, Diced Potatoes, Spinach, Tomato Dices, Tomato Powder, Lentils, Split Peas, Red Beans, Black Beans, Pinto Beans, Kidney Beans, Navy Beans, Northern Beans, Garbanzos, Bacon Flavored Bits, Beef Flavored Bits, Chicken Flavored Bits, Chorizo Flavored Crumbles, Sausage Flavored Crumbles, Taco Flavored Bits, Beef Style Chunks (Unflavored), Chicken Style Flakes (Unflavored).

Item #19031 (32 ct.) Only \$99.95

Soup & Chili Mix Sampler

This sampler contains the ZIP Pouch size of the following soup mixes: Chickenish Soup Mix, Beefish Stew Mix, Split Pea Soup Mix, Lentil Soup Mix, Navy Bean Soup Mix, Northern Bean Stew Mix, Beefish Soup Mix with Mushrooms, Black Bean Chili Mix, Mixed Bean Chili Mix, Italian Vegetable Soup Mix, Corn Chowder Mix, Vegetable Chili Mix.

Item #96070 (12 ct.) Only \$44.95



Gourmet Soup Blends

Easy, Quick & Healthy!™

GLUTEN FREE

Lifestyles today are hectic, and time never seems to slow down. That's why we created "Easy, Quick & Healthy"™ - our special gourmet vegan/vegetarian soup blends. They'll make your life easier AND healthier!



Personal Size

Add 2 Cups of Water
\$4.95



Family Size

Add 4 Cups of Water
\$7.95

ITEM #	GOURMET SOUP BLENDS	SIZE	PRICE
94011	Garden Veggie Chickenish Soup	2.15 oz	4.95
94010	Garden Veggie Chickenish Soup	4.35 oz	7.95
94021	Hearty Texas Beefish Stew	2.4 oz	4.95
94015	Hearty Texas Beefish Stew	4.85 oz	7.95
94031	Super Savory Split Pea Soup	3.5 oz	4.95
94020	Super Savory Split Pea Soup	7 oz	7.95
94041	Greek Lentil Soup with Quinoa	3 oz	4.95
94025	Greek Lentil Soup with Quinoa	6 oz	7.95
94051	Captain John's Navy Bean Soup	2.95 oz	4.95
94030	Captain John's Navy Bean Soup	5.9 oz	7.95
94061	Great Northern Bean Stew	2.85 oz	4.95
94035	Great Northern Bean Stew	5.75 oz	7.95
94071	Beefish Quinoa with Mushrooms	2.3 oz	4.95
94040	Beefish Quinoa with Mushrooms	4.65 oz	7.95
94081	Unbelievable Black Bean Chili	2.65 oz	4.95
94045	Unbelievable Black Bean Chili	5.35 oz	7.95
94091	Southwest Style Mixed Bean Chili	2.75 oz	4.95
94050	Southwest Style Mixed Bean Chili	5.5 oz	7.95
94101	Mama Mia Italian Vegetable Soup	2 oz	4.95
94055	Mama Mia Italian Vegetable Soup	4 oz	7.95
94111	Creamy Good Corn Chowder	1.6 oz	4.95
94060	Creamy Good Corn Chowder	3.25 oz	7.95
94121	Verylicious Veggie Chili	2.5 oz	4.95
94065	Verylicious Veggie Chili	5 oz	7.95

Try Our Soup Variety Packs!

Try all of our “Easy, Quick & Healthy”™ vegan gourmet soup blends in one of our economical soup packs. The Value Soup Variety Pack gives you twelve soup blends. The Deluxe Soup Variety Pack gives you the same twelve soups plus our preferred Slow Cooker for even easier meal preparation!



Value Soup Variety Pack

Who said busy people can't have a wholesome and nutritious meal in a hurry?

Includes one each of our Family Size gourmet soup blends. (Vegan)

ITEM# 96020 (12 Soups)

Only \$69.95

DELUXE Soup Variety Pack & Slow Cooker!



- Premium Ingredients
- Low/No Fat/Vegan
- No Cholesterol
- Easy to Prepare
- Stove or Slow Cooker
- Makes 5 Cups
- Delicious!

Same as Value Soup Variety Pack + our preferred Slow Cooker!

ITEM# 96010 (12 Soups + Cooker)

Only \$99.95



Gourmet Soup & Chili Blend Sampler

Includes one each of our Personal Size gourmet soup blends. (Vegan)

ITEM# 96050 (12 Soups)

Only \$49.95

Soup & Chili Mixes

Soup & Chili Mixes...

Do you like our blends but would rather season them yourself?

ITEM #	PREMIUM SOUP MIXES	SIZE	PRICE
95011	Chickenish Soup Mix	3.5 oz	4.95
95012	Chickenish Soup Mix	12 oz	19.95
95016	Chickenish Soup Mix	20 lbs	179.95
95021	Beefish Stew Mix	3 oz	4.95
95022	Beefish Stew Mix	10.5 oz	19.95
95026	Beefish Stew Mix	18 lbs	179.95
95031	Split Pea Soup Mix	5.25 oz	4.95
95032	Split Pea Soup Mix	21 oz	19.95
95036	Split Pea Soup Mix	30 lbs	179.95
95041	Lentil Soup Mix with Quinoa	4 oz	4.95
95042	Lentil Soup Mix with Quinoa	14.5 oz	19.95
95046	Lentil Soup Mix with Quinoa	25 lbs	179.95
95051	Navy Bean Soup Mix	4 oz	4.95
95052	Navy Bean Soup Mix	15 oz	19.95
95056	Navy Bean Soup Mix	25 lbs	179.95
95061	Northern Bean Stew Mix	4 oz	4.95
95062	Northern Bean Stew Mix	16 oz	19.95
95066	Northern Bean Stew Mix	25 lbs	179.95



Soup & Chili Mix Pantry Stuffer

The creative Harmony House Soup Mixes are the starting point for our popular and timeless Gourmet Soup Blends, and now they are available to you! Make sure to always have a jar in the pantry for when company comes over. Save by trying all 12 Mixes in one handy Pantry Stuffer. The Soup & Chili Mix Pantry Stuffer contains one (1) each of our pre-blended soup mixes: Chickenish Soup Mix, Beefish Stew Mix, Split Pea Soup Mix, Lentil Soup Mix, Navy Bean Soup Mix, Northern Bean Stew Mix, Beefish Soup Mix with Mushrooms, Black Bean Chili Mix, Mixed Bean Chili Mix, Italian Vegetable Soup Mix, Corn Chowder Mix & Vegetable Chili Mix.

ITEM# 96060 12 Quart Size Jars
Only \$179.95



Season it Your Way!

Try all of our premium soup mix varieties and season them your way!

ITEM #	PREMIUM SOUP MIXES	SIZE	PRICE
95071	Beefish Soup Mix with Mushrooms	3.75 oz	4.95
95072	Beefish Soup Mix with Mushrooms	12 oz	19.95
95076	Beefish Soup Mix with Mushrooms	22 lbs	179.95
95081	Black Bean Chili Mix	3.75 oz	4.95
95082	Black Bean Chili Mix	13.5 oz	19.95
95086	Black Bean Chili Mix	23 lbs	179.95
95091	Mixed Bean Chili Mix	3.75 oz	4.95
95092	Mixed Bean Chili Mix	15 oz	19.95
95096	Mixed Bean Chili Mix	23 lbs	179.95
95101	Italian Vegetable Soup Mix	3.5 oz	4.95
95102	Italian Vegetable Soup Mix	12.5 oz	19.95
95106	Italian Vegetable Soup Mix	20 lbs	179.95
95111	Corn Chowder Mix	2.5 oz	4.95
95112	Corn Chowder Mix	10 oz	19.95
95116	Corn Chowder Mix	14 lbs	179.95
95121	Vegetable Chili Mix	3.75 oz	4.95
95122	Vegetable Chili Mix	12.5 oz	19.95
95126	Vegetable Chili Mix	22 lbs	179.95



Soup & Chili Mix Sampler

Harmony House Soup Mixes are available in personal size Zip Pouches! Convenient to use when camping, at school or just when you need a quick meal solution at home. Always keep a savory variety close by, and save by trying all 12 mixes in one handy sampler. The Soup & Chili Mix Sampler contains one (1) each of our pre-blended soup mixes: Chickenish Soup Mix, Beefish Stew Mix, Split Pea Soup Mix, Lentil Soup Mix, Navy Bean Soup Mix, Northern Bean Stew Mix, Beefish Soup Mix with Mushrooms, Black Bean Chili Mix, Mixed Bean Chili Mix, Italian Vegetable Soup Mix, Corn Chowder Mix & Vegetable Chili Mix.



ITEM# 96070 Zip Pouch/12 ct.
Only \$44.95

Soup Mix Seasonings

Want a little help seasoning your soup mixes? Try one or all of our flavorful seasonings! With our Seasoning Kit, you can season all of our various soup & chili mixes. A seasoning suggestion sheet is included.



U Pareve

ITEM #	SOUP MIX SEASONINGS	SIZE	PRICE
96011	Chickenish Seasoning	5.5 oz	10.95
96012	Chickenish Seasoning	3 lbs	109.95
96013	Chickenish Seasoning	10 lbs	279.95
96014	Chickenish Seasoning	25 lbs	599.95
96031	Beefish Seasoning	4.5 oz	10.95
96032	Beefish Seasoning	3 lbs	109.95
96033	Beefish Seasoning	10 lbs	279.95
96034	Beefish Seasoning	25 lbs	599.95
96051	Tomato Plus Seasoning	3.75 oz	10.95
96052	Tomato Plus Seasoning	3 lbs	109.95
96053	Tomato Plus Seasoning	10 lbs	279.95
96054	Tomato Plus Seasoning	25 lbs	599.95
96071	Chili Boost Seasoning	3.25 oz	10.95
96072	Chili Boost Seasoning	3 lbs	109.95
96073	Chili Boost Seasoning	10 lbs	279.95
96074	Chili Boost Seasoning	25 lbs	599.95
96081	Seasoning Kit	4 count	39.95

ITEM #	SOUP SAMPLERS	SIZE	PRICE
96020	Value Soup Variety Pack	12 Bags, Family Size	69.95
96010	Deluxe Soup Variety Pack	12 Bags, Family Size/Cooker	99.95
96050	Gourmet Soup & Chili Blend Sampler	12 Bags, Personal Size	49.95
96070	Soup & Chili Mix Sampler	12 ZIP Pouches	44.95
96060	Soup & Chili Mix Pantry Stuffer	12 Varieties, Quart Size	179.95

Containers

Make your own custom blends for soup at home or on the trail and store them in our empty containers!

ITEM# 90100 1 Cup Size
50 Empty Zips Only \$10.95

ITEM# 90101 2.5 Cup Size
50 Heavy Duty Empty Zips Only \$16.95

ITEM# 90200 1 Quart Size
1 Empty Jar Only \$2.95

ITEM# 90300 1 Gallon Jug Size
1 Empty Jug Only \$4.95

Crock-Pot® 2qt

Your "Easy, Quick & Healthy"™ soups will taste even better when using the slow-cooker method!

Your home will be filled with the irresistible aroma of home-cooked goodness. This cooker has a removable crock for easy cleanup!

ITEM# 96000 Only \$24.95

Soup Mixes, Using Dehydrated Products

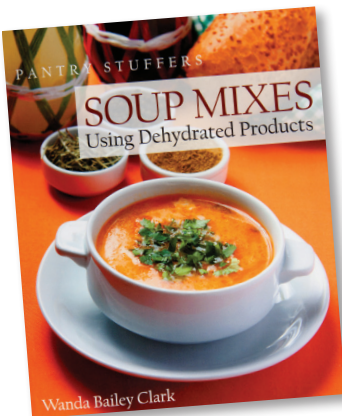
By Wanda Bailey Clark

OVER 150 recipes!

Written exclusively for using dehydrated products!

The categories covered are Vegetable Soup Mixes, Italian Style Soup Mixes, Stews & Chowders, Chicken Flavored Soup Mixes, Barley Soup Mixes, Chili Mixes, Quinoa Soup Mixes & Bean Soup Mixes. (Paperback, 208 pg)

ITEM# 96300 Only \$22.95



Baking Ingredients, Product Size Guide & Storage Tips

BAKING INGREDIENTS

U Pareve

ITEM #	BAKING INGREDIENTS	SIZE	PRICE
30020	Sea Salt	10 oz	5.95
30022	Sea Salt	38 oz	39.95
30024	Sea Salt	8 lbs	99.95
30030	Potato Starch	6 oz	5.95
30032	Potato Starch	24 oz	24.95
30034	Potato Starch	5 lbs	59.95
32000	Nutritional Yeast Flakes	2 oz	5.95
32002	Nutritional Yeast Flakes	10 oz	26.95
32004	Nutritional Yeast Flakes	36 oz	69.95



PRODUCT SIZE GUIDE



ZIP POUCH
1 CUP



JAR
1 QUART



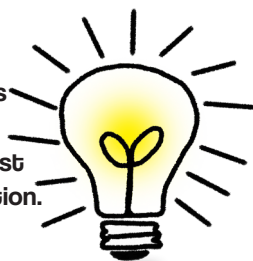
JUMBO JUG
1 GALLON



BULK BOX
12" CUBE

FOOD STORAGE TIPS...

1. It is best to keep dehydrated & freeze-dried foods away from heat and humidity. The shelf life of our products is 12-24 months if stored properly. In most cases, a kitchen pantry is a perfect storage location.
2. If you desire a longer shelf life, products can be repackaged using a vacuum sealer. Larger quantities can be stored in sealed buckets with oxygen absorbers added.
3. Food can be stored in the freezer if desired.
4. Freeze-dried foods can be "re-crisped" by storing them in the refrigerator.



ORDER FORM

Quantity	Item #	Total
SUBTOTAL		
NC Residents add 2% food TAX		
SHIPPING		
GRAND TOTAL		



We accept all major credit cards.



Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Credit Card Type: _____ Exp. _____ Number: _____

Include Check, Money Order or Credit Card Info and MAIL TO:

Harmony House Foods 277 Industrial Park Rd. Franklin, NC 28734

SHIPPING: Most orders are shipped the same day they are received. If there will be a delay in shipping, we will notify you. Shipping rates apply to the lower 48 United States only.

RETURNS: If you receive a substandard or damaged shipment, we will make every effort to correct the problem promptly to your satisfaction.

FREE SHIPPING on \$99+ orders!

All other orders add \$7.95

(Lower 48 United States Only. Alaska, Hawaii & International orders, please call)




Whatever the season,
take us on your next *adventure*



Special thanks to *Iris Scott* for our back cover art
Contemporary American Painter &
Satisfied Harmony House Foods Customer



277 Industrial Park Rd
Franklin, NC 28734



Harmony House Foods, Inc. will do everything possible to make sure you are
satisfied with your purchase. If for any reason your order is not as expected,
please contact

Customer Service at 1-800-696-1395.