

Vegetable Stew Blend

Nutrition Facts

236 servings per container

Serving size 1/4 Cup (23g) Dry
(about 1 Cup prepared)

Amount per serving

Calories **80**

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%

Protein 2g

Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 1mg	6%
Potassium 425mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SERVINGS

2
4
6

STEW BLEND

1/2 Cup
1 Cup
1 1/2 Cups

WATER

2 Cups
4 Cups
6 Cups

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Add Vegetable Stew Blend to cold water.
3. Slowly bring to a boil, stirring occasionally.
4. Reduce heat to medium and continue cooking for 15 to 20 minutes or until vegetables are tender, stirring occasionally.
5. Season to taste. (May add bouillon, tomato, and/or meat.)

INGREDIENTS: Potatoes, cabbage flakes, onions, carrot dices, celery slices, green and red bell pepper.

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