

Vegetable Stew Blend

Nutrition Facts

388 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%**

Trans 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 MIX

1/2 cup

1 cup

1 1/2 cups

WATER

2 cups

4 cups

6 cups

DIRECTIONS:

1. Add stew mix to cold water.
2. Slowly bring to boil, stirring frequently.
3. Simmer until vegetables are tender, 15 to 20 minutes, stirring occasionally.
4. Season to taste. (May add bouillon, tomato, and meat.)

Use in bean salads, Mexican dishes or for sprouting.

INGREDIENTS: Potato dices, cabbage flakes, chopped onion, carrot dices, celery slices, red and green bell peppers.

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