

388
SERVINGS



Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Vegetable Stew Blend

Nutrit	ion F	acts		
Serving Si	ze: 1/4 (Cup (21a	drv)	
Servings F	er Cont	ainer: 38	88	
Amount Per S	Serving			
Calories 6	0 Ca	lories fro	m Fat 0	
		% D	aily Value*	
Total Fat Og				
Saturated Fat Og				
Saturated Fat Og 0% Trans Fat Og				
Cholesterol Omg 0%				
Sodium 45mg 29				
Total Carbohydrate 17g 6%				
Dietary Fiber 2g 7%				
Sugars 4g				
Protein 2g	1			
Vitamin A	45% •	Vitami	n C 70%	
Calcium	4% •	Iron	4%	
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.				
	Calories	2,000	2,500	
Total Fat Sat Fat Cholesterol Sodium Total Carbohy Dietary Fibe Calories per g	er	n 20g n 300mg n 2,400mg 300g 25g	80g 25g 300mg g 2,400mg 375g 30g	

SERVINGS	STEW MIX	WATER
2	1/2 cup	2 cups
4	1 cup	4 cups
6	1 1/2 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.

00161-090915

Contains oxygen absorber.

Discard immediately upon opening.