



215
SERVINGS



SHELF LIFE
UP TO 25 YEARS

Shelf Life: Product good for up to 25 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions.

FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Gluten Free Black Bean Burger

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20421-091316

SERVINGS	BURGER MIX	WATER
4	1 CUP	3/4 CUP
8	2 CUPS	1 1/2 CUPS
12	3 CUPS	2 1/4 CUPS

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Thoroughly stir Black Bean Burger mix into warm water.
3. Let stand for 10 to 15 minutes.
4. Form into patties.
5. Place each patty on lightly oiled grill (375°F) for 3 to 4 minutes per side.

INGREDIENTS: Black bean flakes (black beans, salt), instant long grain white rice, gluten free quick oats, yellow pea powder, corn starch, onions, tomato flakes, sea salt, chili powder (chili pepper, spices, salt, garlic, silicon dioxide, ethoxyquin), guar gum, garlic powder, onion powder, cumin, natural flavoring, xanthan gum, oregano, cayenne (ground red pepper, silicon dioxide, ethoxyquin).

Contains oxygen absorber.
Discard immediately upon opening.

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