

215 SERVINGS



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

Black Bean Burger

Nutrition Facts Serving Size: 1/4 Cup (34g) Dry Servings Per Container: 215				
Amount Per S	ervina			
Calories 12		lories fro	m Fat 5	
% Daily Value*				
Total Fat 1	a		2%	
Saturated Fat Og			0%	
Trans Fat Og				
Cholesterol Omg				
Sodium 460mg 19%				
Total Carbohydrate 23g 8%				
_Dietary F	iber 6)	24%	
Sugars 2g				
Protein 5g				
Vitamin A	4% •	Vitami	n C 8%	
Calcium	4% •	Iron	8%	
*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	r	n 20g n 300mg n 2,400mg 300g 25g	g 2,400mg 375g 30g	

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).

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Contains oxygen absorber.

Discard immediately upon opening.