

Complete Chili Soup Mix
Dutch Valley Foods
March 28, 2007 – Revised

Nutrition Facts	
Serving Size Approx. 1/4 cup (dry) (31g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	13%
Sugars 3g	
Protein 5g	
Vitamin A 20%	• Vitamin C 35%
Calcium 2%	• Iron 10%
*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	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Red beans, bulgur wheat, tomato powder, maltodextrin, dried onion chili powder, brown sugar, flour, soybean oil, dried bell pepper, sea salt (salt, magnesium carbonate), beef extract (beef stock, autolyzed yeast, salt, flavors), tomato, garlic salt, paprika, cumin, black pepper.

Allergen Information

**Contains: Wheat and Soy Ingredients.

**Packaged in a facility that also processes products containing: peanuts, tree nuts, soybeans, milk, egg, fish, crustaceans shellfish and wheat ingredients.

Mixing Instructions:

2 cups Chili Soup mix

5 cups water

Option: 1/2 lb. ground sausage, beef or turkey

If using meat, brown and season as desired. Add water and bring to a boil. Add Chili Soup mix & cook for 15 min. stirring occasionally. Remove from heat and cover for 5 min. Serve.

Options: Add fresh tomatoes, sweet or hot peppers, or hot sauce to taste.