

Item # 428048

Desc: Garden Vegetable Soup - No MSG

<b>Nutrition Facts</b>			
Serving Size		1/4 cup (dry) (31g)	
Servings Per Container		Varied	
Amount Per Serving			
<b>Calories</b>	80	Calories from Fat	10
		<b>% Daily Value*</b>	
<b>Total Fat</b>	1 g		2 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg		0 %
<b>Sodium</b>	370 mg		16 %
<b>Total Carbohydrate</b>	18 g		6 %
Dietary Fiber	1 g		4 %
Sugars	2 g		
<b>Protein</b>	1 g		
Vitamin A	20%	Vitamin C	35%
Calcium	2%	• 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.

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Ing: Potatoes (with sodium acid pyrophosphate), dried vegetables: carrots, onions, red & green bell peppers, celery, tomatoes, spinach, tomato powder, maltodextrin, potato flakes (with mono and diglycerides, sodium acid pyrophosphate, citric acid), corn starch, canola oil, flour (wheat), realsalt(TM) - unrefined mineral sea salt, soy sauce (naturally brewed wheat, soybeans and salt with maltodextrin), garlic powder, sweet corn, green beans, evaporated cane juice, black pepper, basil.

**\*\*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.**

Product information/materials may change. Refer to the package or call for updates.

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**Garden Vegetable Soup**

2 1/2 cups of water  
 1/2 cup Garden Vegetable Soup Mix  
 Pour the soup mix into the water; stir it and let it set for 5 minutes. Bring the whole mix to a boil; stirring frequently. Simmer for 10 minutes; remove from heat; cover and let steam for 5 minutes. Add sodium-free seasoning or salt & pepper to taste.

Garden Vegetable Stew (Thicker, more flavor)  
 2 1/2 cups water  
 3/4 cup Garden Vegetable Soup Mix  
 Follow soup instructions.

Options: You may add any variety of fresh vegetables to customize your stew. Ground beef, sausage or chicken could also be added to make a hearty meat stew.