

Item # 428015

Desc: Harvest Soup

<b>Nutrition Facts</b>			
Serving Size 2 tablespoons (dry) (35g)			
Servings Per Container Varied			
Amount Per Serving			
<b>Calories</b> 120		Calories from Fat 0	
		<b>% Daily Value*</b>	
<b>Total Fat</b>	0 g		<b>0 %</b>
Saturated Fat	0 g		<b>0 %</b>
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg		<b>0 %</b>
<b>Sodium</b>	0 mg		<b>0 %</b>
<b>Total Carbohydrate</b>	23 g		<b>8 %</b>
Dietary Fiber	3 g		<b>12 %</b>
Sugars	1 g		
<b>Protein</b>	8 g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	• 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.

**428015 Harvest Soup Mix**

Ing: Lentils, brown rice, green split peas, yellow split peas, wild rice.

\*\*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.

**Harvest Soup Mix**

8 cups water

1 lb. soup mix

Simmer 1 hour. Add 2 cups each of carrots, celery and shredded cabbage; 1 16oz. can of tomatoes; 1 lb. cooked turkey, chicken or ground beef. Simmer additional 1 hour, season to taste.