

Vegetable Stew Blend

Nutrition Facts

18 servings per container

Serving size 1/4 cup (23g) dry
(about 1 cup prepared)

Amount per serving

Calories **80**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 18g **7%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 53mg **4%**

Iron 1mg **6%**

Potassium 425mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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INGREDIENTS: Potatoes, cabbage flakes, onions, carrots, celery slices, red and green bell peppers.

DIRECTIONS:

For Sides and Entrées:

1. Remove oxygen absorber and discard.
2. Cover desired amount of vegetables with cold water and bring to a boil.
3. Reduce heat to medium and cook 15 to 20 minutes or until vegetables are tender, stirring occasionally.
4. Drain water and add to any recipe calling for a blend of chopped vegetables.

For Soups and Stews:

1. Remove oxygen absorber and discard.
2. Stir desired amount of vegetables into cold water or liquid bouillon and bring to a boil.
3. Reduce heat to medium and cook 10 to 15 minutes or until vegetables have softened, stirring occasionally.
4. Stir in desired soup or stew ingredients such as seasonings, stewed tomatoes, cooked pasta, or choice of meat.
5. Continue cooking until all ingredients are heated through and vegetables are tender.