

**DIRECTIONS:**

1. Remove oxygen absorber and discard.
2. Cover Freeze-Dried Beef with boiling water.
3. Let stand 5 minutes.
4. Drain excess water and use as you would regular cooked beef.

Use in meat pies, stews, soups, sandwiches, etc.

2 2/3 Cups Freeze-Dried Beef + 2 Cups water = approx. 1 lb fresh beef.



**Your purchase helps our heroes.**  
4Patriots donates a portion of its proceeds to support our veterans.

V2.6



# Freeze-Dried Cooked Ground Beef Crumbles

**SERVING SIZE:** Approx. 1/2 Cup (36g)

**NET WT.:** 15.24 oz (0.95 lbs) 432g

4-00709PT

For maximum shelf life, store unopened product in a cool, dry place, avoid extreme temperatures and moisture.



**Nutrition Facts**

About 12 Servings Per Container  
**Serving Size** Approx. 1/2 Cup (36g) Dry  
(about 2/3 Cup prepared)

Amount per Serving	
<b>Calories</b> <span style="float: right;"><b>210</b></span>	
	% Daily Value
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4g	<b>19%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 28g	
Vitamin D 5.1mcg	25%
Calcium 10mg	0%
Iron 3.9mg	20%
Potassium 330mg	8%

\* The % Daily Value 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.

INGREDIENTS: Freeze-Dried, Cooked Ground Beef.

**American owned. Handpacked in USA.**  
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