

YIELD
1 Cup
3 Cups
21 Cups

STEW MIX
1/3 Cup
1 Cup
7 Cups (Whole Can)

WATER
1 1/2 Cups
4 1/2 Cups
31 1/2 Cups

DIRECTIONS:

1. Open can and discard oxygen absorber.
2. Add pouch contents and water to a pot and bring to a boil.
3. Reduce to medium heat and let simmer for 15 to 20 minutes or until desired doneness.



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

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4Patriots®

Fireside Stew

*Cook before enjoying.

SERVING SIZE: 1/3 Cup (68g)

NET WT.: 50.37 oz (3 lb 2 oz) (1.43kg)

4-90807PT

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



Nutrition Facts

21 Servings Per Container
Serving Size 1/3 Cup (68g) Dry
(about 1 Cup prepared)

Amount per Serving	
Calories	210
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 1250mg	54%
Total Carbohydrate 47g	17%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes <1g Added Sugars	2%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.8mg	15%
Potassium 450mg	10%

* 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: Dry Lentils, Long Grain Rice (enriched with Iron [Ferric Orthophosphate], Niacin, Thiamine [Thiamine Mononitrate] and Folate [Folic Acid]), Enriched Elbow Macaroni (Durum Wheat Semolina, Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Carrots, Chicken-Type Soup Base (Corn Syrup Solids, Salt, Corn Starch, Hydrolyzed Corn and Soy Protein, Sugar, Onion Powder, Disodium Inosinate and Disodium Guanylate, Spices, Turmeric, Dehydrated Parsley, and Silicon Dioxide added to prevent caking), Salt, Green Peas, Dehydrated Onion, Sugar, Yeast Extract, Garlic Powder, Toasted Onion Granules, Spices.

Contains: Soy, Wheat.

American owned. Handpacked in USA.

Distributed by 4Patriots, LLC
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*Contains a bioengineered food ingredient(s).