

# Patriots

## San Antonio's Best Black Beans

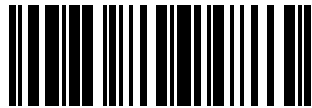
### **We Champion Freedom and Self-Reliance**

“I love the feeling of knowing my family and I will have something good in our tummies when times are not as convenient as they are today. Thank you and God bless.”

— Jason

NET WT. 16.19 oz (459g)  
Makes 17 Servings





56033

# 4Patriots

4patriots.com | (800) 304-4202  
 Nashville, TN 37212  
 1204 Elmwood Ave.  
 Distributed by 4Patriots, LLC

**American owned. American made.**

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

- To make one serving:
- 1 Open pouch, remove oxygen absorber.
  - 2 Bring 1 cup of water to a boil.
  - 3 Add 1/4 cup of beans to water and stir.
  - 4 Cover and simmer for 15-20 minutes.
  - 5 Remove from heat and enjoy.

## Prepare.

True peace of mind comes from knowing you're prepared. In an emergency, you can depend on your 4Patriots survival food. It tastes great, is easy to prepare and protects you - and your family - with wholesome nutrition during a crisis.

## Protect.

**100% MONEY-BACK GUARANTEE:**  
 If for any reason you're not satisfied, just return your survival food within 1 year (365 days) of purchase. We'll refund 100% of your purchase price. You have nothing to lose and you must be completely satisfied, or we'll buy it back. No questions asked.

Nutrition Facts	
Amount per serving	% Daily Value*
<b>Calories</b>	
<b>90</b>	
<b>Serving size 1/4 cup (27g)</b>	
17 Servings Per Container	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 6g</b>	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 240mg	6%

\*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: Instant Black Beans.

CAREFULLY PACKAGED FOR LONG-TERM

STORAGE:

Shelf life varies based on storage conditions.

Always protect your food from heat, air and

moisture. Avoid prolonged exposure to temps

above 75 degrees F. Keep sealed until ready to

eat. Remove oxygen absorber before preparing.

Always follow package directions.

V1

# 4Patriots

## San Antonio's Best Black Beans

### We Champion Freedom and Self-Reliance

“I love the feeling of knowing my family and I will have something good in our tummies when times are not as convenient as they are today. Thank you and God bless.”

— Jason

NET WT. 16.19 oz (459g)  
Makes 17 Servings



# 4Patriots

**100% MONEY-BACK GUARANTEE:** If for any reason you're not satisfied, just return your survival food within 1 year (365 days) of purchase. We'll refund 100% of your purchase price. You have nothing to lose and you must be completely satisfied, or we'll buy it back. No questions asked.

True peace of mind comes from knowing you're prepared. In an emergency, you can depend on your 4Patriots survival food. It tastes great, is easy to prepare and protects you - and your family - with wholesome nutrition during a crisis.

**Protect.**

**Your purchase helps our heroes.** 4Patriots donates a portion of its proceeds to support our veterans. **American owned. American made.** Distributed by 4Patriots, LLC  
1204 Elmwood Ave.  
Nashville, TN 37212  
4patriots.com | (800) 304-4202

**Prepare.**

- 1 Open pouch, remove oxygen absorber.
- 2 Bring 1 cup of water to a boil.
- 3 Add 1/4 cup of beans to water and stir.
- 4 Cover and simmer for 15-20 minutes.
- 5 Remove from heat and enjoy.

**Nutrition Facts**

17 Servings Per Container  
1/4 cup (27g)  
Serving size

**Amount per serving**

**Calories 90**

% Daily Value\*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 6g	21%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
<b>Protein 6g</b>	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 240mg	6%

\*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:** Instant Black Beans.

CAREFULLY PACKAGED FOR LONG-TERM STORAGE.

Shelf life varies based on storage conditions. Always protect your food from heat, air and moisture. Avoid prolonged exposure to temps above 75 degrees F. Keep sealed until ready to eat. Remove oxygen absorber before preparing. Always follow package directions.