

SERVINGS	STEW MIX	WATER	YIELD
2	1/2 Cup	2 Cups	2 Cups
4	1 Cup	4 Cups	4 Cups
6	1 1/2 Cups	6 Cups	6 Cups

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Add stew mix to cold water.
3. Slowly bring to a boil, stirring frequently.
4. Reduce heat to medium and continue cooking until vegetables are tender, 15 to 20 minutes, stirring occasionally.
5. Season to taste. (May add bouillon, tomato, and/or meat).



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

V1.1



Hearty Harvest Vegetable Soup

SERVING SIZE: 1/4 Cup (23g)
NET WT.: 32.5 oz (2 lb 0.5 oz) 920g

4-00223PT



Nutrition Facts

40 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 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: potatoes, cabbage flakes, onions, carrots, celery slices, red and green bell pepper.

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