## **Vegetable Stew Blend**

## **Nutrition Facts**

Serving Size: 1/4 Cup (23g) Dry Servings Per Container: 40

Servings Per	Container:	40
Amount Per Serv	ing	
Calories 80	Calories	from Fat 0
	9	% Daily Value*
Total Fat Og		0%
Saturated Fat Og		0%
Trans Fat Og		
Cholesterol Omg		0%
Sodium 50mg		2%
<b>Total Carboh</b>	<b>ydrate</b> 18g	6%
Dietary Fiber 2g		8%
Sugars 4g		

## Protein 2g

Vitamin A	35%	•	Vitamin (	80%
Calcium	6%	•	Iron	4%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohy	drate	300g	375g
Dietary Fibe	r	25g	30g
Calories per d	ram: Fat 9	Carbs 4 .	Protein 4

SERVINGS	STEW BLEND	WATER
2	1/2 Cup	2 Cups
4	1 Cup	4 Cups
6	11/2 Cups	6 Cups

## **DIRECTIONS:**

- 1. Add stew blend to cold water.
- 2. Slowly bring to boil, stirring frequently.
- **3.** Simmer until vegetables are tender, 15 to 20 minutes, stirring occasionally.
- Season to taste. (May add bouillon, tomato, and meat.)

**INGREDIENTS:** Diced dehydrated potatoes, cabbage flakes, onions, carrot dices, celery slices, red and green bell peppers.