



34
SERVINGS



SHELF LIFE UP TO
10 YEARS

Certified



Gluten-Free

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Southwest Chili Mix

Nutrition Facts	
Serving Size: 1/3 Cup (49g dry) Servings Per Container: 34	
Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 950mg	40%
Total Carbohydrate 31g	10%
Dietary Fiber 8g	34%
Sugars 4g	
Protein 8g	
Vitamin A 10%	Vitamin C 60%
Calcium 6%	Iron 10%
*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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbs 4 Protein 4	

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SERVINGS	CHILI MIX	WATER	SPICES
2	2/3 cup	2 1/4 cups	2 rounded tbsp
4	1 1/3 cups	4 1/2 cups	1/4 rounded cup
6	2 cups	6 1/2 cups	1/2 rounded cup

DIRECTIONS:

1. Whisk chili mix and spices into boiling water.
2. Simmer on low heat for 12-15 minutes.
3. Stir frequently.

For a thicker chili, reduce water by 1/4 cup.

INGREDIENTS: Pinto beans, red beans (small precooked), modified food starch, chopped onion, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), red and green bell peppers, dehydrated tomato paste, salt, chili pepper powder, sugar, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), xanthan gum, garlic powder, cumin, and caramel color.

Contains allergen: Soy.