



49  
SERVINGS



SHELF LIFE UP TO  
30 YEARS

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

# Black Turtle Beans

## Nutrition Facts

Serving Size: 1/4 Cup (46g dry)  
Servings Per Container: 49

Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
<b>Dietary Fiber 10g</b>	<b>40%</b>
<b>Sugars 0g</b>	
<b>Protein 10g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>
<b>Calcium 2%</b>	<b>Iron 10%</b>
*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	

## DIRECTIONS:

*Soaking overnight*

Cover each cup of beans with 3 cups of water and let stand overnight or 12 hours.

*Quicker results*

1. Add 1 cup dry beans to 3 cups boiling water.
2. Boil 2 minutes and let stand for one hour.
3. Cover and simmer slowly until beans are tender, about 2 hours.
4. Add more water if necessary.
5. Season with salt, pepper, onion and/or garlic.

Use in bean salads, Mexican dishes, as meat stock or for sprouting.

**INGREDIENTS:** Black turtle beans.

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