



# Vegetarian Meat Substitute Beef (flavored)

## Meats

Augason Farms meat substitutes are textured vegetable protein products made from defatted soy flour and are ideal for vegetarian diets. After rehydrating, they should be used at once or stored refrigerated.

## Vegetarian Meat Substitute Beef

Augason Farms Vegetarian Meat Substitute Beef is an easy and delicious way to get a high quality protein and fiber. It's also great for long trips and camping because no refrigeration is needed before rehydrating. A good way to add protein to any dish.

## BBQ Sandwich

3/4 cup Augason Farms Vegetarian Meat Substitute Beef  
1 cup beef broth  
1 cup barbeque sauce

Add beef to boiling beef broth to rehydrate, simmer 20 minutes. Add barbeque sauce. Spread over sliced bread for a delicious sandwich. Serve with chips.

## DIRECTIONS:

Add 2 parts water to 1 part Vegetarian Meat Substitute Beef. Bring to a boil. Reduce heat and simmer for 20 minutes, stirring occasionally. Use in soups, stews, or as a meat extender.

Each 1 cup of dry Vegetarian Meat Substitute Beef equals about 1 pound of beef.

## Super Beefy Biscuits

1 cup Augason Farms Vegetarian Meat Substitute Beef, rehydrated in 2 cups water and drained  
1 1/2 cup spaghetti sauce  
1 can (10 biscuits) refrigerated biscuits  
3/4 cup grated mozzarella cheese

Stir beef bits and spaghetti sauce together. Place biscuits in greased muffin cups, pressing dough up sides. Spoon meat mixture into cups, sprinkle with cheese. Bake at 350°F for 12-15 minutes.

## Nutrition Facts

Serving Size: 1/4 cup (26g)  
Servings Per Container: 40

Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 35
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 3g	<b>14%</b>
Sugars 2g	
<b>Protein</b> 11g	
Vitamin A 0%	Vitamin C 0%
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.	
	<b>Calories</b> <b>2,000</b> <b>2,500</b>
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	

**INGREDIENTS:** Textured vegetable protein (soy flour, caramel color), soybean oil, salt, hydrolyzed corn, soy, wheat protein, autolyzed yeast.

**Contains allergens:** Wheat, dairy, and soy.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

**No added MSG.**

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 10 years / Opened: to 1 year

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.

**40 SERVINGS**  
**NET WT. 2 LBS 5.0 OZ (1.04 kg)**