



40
SERVINGS



SHELF LIFE
UP TO 10 YEARS

Product good for up to 10 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Beef Flavored Vegetarian Meat Substitute

Nutrition Facts	
Serving Size: 1/4 Cup (26g) Dry	
Servings Per Container: 40	
Amount Per Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 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.	
	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 Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbs 4 • Protein 4	

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DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Add 1 part boiling water to 1 part Augason Farms Beef Flavored Vegetarian Meat Substitute and let sit for 20 minutes.

Use in soups, stews, or as a meat extender.

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

INGREDIENTS: Textured vegetable protein (soy flour, caramel color, red 3, soybean oil, salt, natural flavoring).

CONTAINS ALLERGEN: Soy.

Contains oxygen absorber.
Discard immediately upon opening.