



21
SERVINGS



SHELF LIFE UP TO
25 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

Hearty Vegetable Beef Soup Mix

Nutrition Facts

Serving Size: 1/3 Cup (58g dry)
Servings Per Container: 21

Amount Per Serving			
Calories 170		Calories from Fat 0	
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 1200mg			50%
Total Carbohydrate 39g			13%
Dietary Fiber 5g			21%
Sugars 4g			
Protein 7g			
Vitamin A 110%		Vitamin C 10%	
Calcium 2%		Iron 40%	
*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:

Yield: 6 Servings

1. Place 8 cups of water in pan and bring to boil.
2. Add 2 cups soup mix and spices (about 2 Tablespoons of bouillon package).
3. Boil for 3-5 minutes.
4. Simmer on low heat for 25 minutes or until vegetables are soft.

INGREDIENTS: Long grain white rice, lentils, elbow macaroni (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), beef bouillon (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], salt, yeast extract, sugar, caramel color, dehydrated onion, garlic powder), carrot dices, celery slices, chopped onion.

Contains allergens: Wheat and soy.

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