



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 Chicken Soup Mix

Nutrition Facts

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

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Calories	170		
Total Fat	0.5g	1%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	1090mg	46%	
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), chicken bouillon (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], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), carrot dices, celery slices, chopped onion.

Contains allergens: Milk, wheat, and soy.

90838-1202 14