



40
SERVINGS



SHELF LIFE UP TO
25 YEARS

Certified



Gluten-Free

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

Vegetable Stew Blend

Nutrition Facts

Serving Size: 1/4 cup (23g dry)
Servings Per Container: 40

Amount Per Serving		Calories from Fat 0	
Calories 80		Calories from Fat 0	
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 50mg			2%
Total Carbohydrate 18g			6%
Dietary Fiber 2g			8%
Sugars 5g			
Protein 2g			
Vitamin A 50%		Vitamin C 70%	
Calcium 6%		Iron 4%	
*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			

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Servings	Stew Mix	Water
2	1/2 cup	2 cups
4	1 cup	4 cups
6	1 1/2 cups	6 cups

DIRECTIONS:

1. Add stew mix to cold water.
2. Slowly bring to boil, stirring frequently.
3. Simmer until vegetables are tender, 15-20 minutes, stirring occasionally.
4. Season to taste. (May add bouillon, tomato, and meat.)

INGREDIENTS: Potato dices, cabbage flakes, chopped onion, carrot dices, celery slices, red and green bell peppers.

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