

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 to 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.

**SHELF LIFE:** Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 25 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.



# VEGETABLE STEW



**NET WT 2 LBS 1.0 OZ (935 g)**

**Nutrition Facts**

Serving Size 1/3 cup (30g)  
 Servings Per Container 31

**Amount Per Serving**

**Calories 90**      Calories from Fat 0

**% Daily Value\***

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 60mg**      **3%**

**Total Carbohydrate 24g**      **8%**

Dietary Fiber 3g      **10%**

Sugars 6g

**Protein 3g**

Vitamin A 60% • Vitamin C 100%

Calcium 6% • Iron 6%

\*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>2,000</b>	<b>2,500</b>
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9    Carbs 4    Protein 4



Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

**AFTER OPENING:** Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened \_\_\_\_\_

DH46-0811

Distributed by  
 Harveston Farms™ ©2011  
 Heber Utah 84032  
 877-734-3447

www.harvestonfarms.com