



# HEALTHY QUICK BEANS AND RICE



## DELICIOUS MEAL IN 6 MINUTES!

- 100% Plant Based
- Inspired by beans and rice around the world
- 14-15g protein
- High fiber
- No sugar added
- Low saturated fat
- No preservatives
- No MSG
- No Artificial Ingredients
- Gluten free
- No "Big 9" allergens



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## SMOKY CHIPOTLE BLACK BEANS AND RICE

Classic southwest flavor with a definite smoky, spicy, chipotle kick



## CURRIED TURMERIC LENTILS AND RICE

A complex blend of spices inspired by legendary Indian curries



## COWBOY BBQ PINTO BEANS AND RICE

Mild sweetness from dried apples, tomato and classic BBQ spices



## MILD & CREAMY RED BEANS AND RICE

Mashed beans for creamy texture; onion, celery, and bell pepper seasoning



### Nutrition Facts

1 serving per container  
**Serving size 1 pouch (98g)**  
(1.5 cups prepared)

**Amount per serving**  
**Calories 385**

% DV\*

**Total Fat** 7g **10%**  
Saturated Fat 0.8g **4%**  
*Trans Fat* 0g  
Polyunsaturated Fat 0g  
Monounsaturated Fat 5g

**Cholesterol** 0mg **0%**

**Sodium** 480mg **21%**

**Total Carbohydrate** 66g **24%**

Dietary Fiber 9g **33%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 15g

Vit. D 0mcg 0% • Calcium 90mg 6%

Iron 5.8mg 30% • Potas. 790mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Nutrition Facts

1 serving per container  
**Serving size 1 pouch (98g)**  
(1.5 cups prepared)

**Amount per serving**  
**Calories 390**

% DV\*

**Total Fat** 8g **10%**  
Saturated Fat 0.8g **4%**  
*Trans Fat* 0g  
Polyunsaturated Fat 0g  
Monounsaturated Fat 6g

**Cholesterol** 0mg **0%**

**Sodium** 480mg **21%**

**Total Carbohydrate** 65g **23%**

Dietary Fiber 7g **24%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 15g

Vit. D 0mcg 0% • Calcium 50mg 4%

Iron 7.0mg 40% • Potas. 400mg 8%

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### Nutrition Facts

1 serving per container  
**Serving size 1 pouch (98g)**  
(1.5 cups prepared)

**Amount per serving**  
**Calories 380**

% DV\*

**Total Fat** 8g **10%**  
Saturated Fat 0.9g **4%**  
*Trans Fat* 0g  
Polyunsaturated Fat 0g  
Monounsaturated Fat 6g

**Cholesterol** 0mg **0%**

**Sodium** 480mg **21%**

**Total Carbohydrate** 65g **24%**

Dietary Fiber 10g **35%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

**Protein** 14g

Vit. D 0mcg 0% • Calcium 80mg 6%

Iron 5.3mg 30% • Potas. 830mg 20%

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### Nutrition Facts

1 serving per container  
**Serving size 1 pouch (98g)**  
(1.5 cups prepared)

**Amount per serving**  
**Calories 385**

% DV\*

**Total Fat** 7g **9%**  
Saturated Fat 0.8g **4%**  
*Trans Fat* 0g  
Polyunsaturated Fat 0g  
Monounsaturated Fat 5g

**Cholesterol** 0mg **0%**

**Sodium** 480mg **21%**

**Total Carbohydrate** 66g **24%**

Dietary Fiber 10g **34%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 15g

Vit. D 0mcg 0% • Calcium 80mg 6%

Iron 5.2mg 30% • Potas. 810mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PRECOOKED DRIED BLACK BEANS, PRECOOKED ENRICHED LONG GRAIN RICE (RICE, NIACIN, IRON, THIAMIN, FOLIC ACID), SUNFLOWER OIL, DRIED RED BELL PEPPERS, SPICES (INCLUDING CHIPOTLE), ONION POWDER, SALT, GARLIC POWDER, CITRIC ACID.

INGREDIENTS: PRECOOKED DRIED LENTILS, PRECOOKED ENRICHED LONG GRAIN RICE (RICE, NIACIN, IRON, THIAMIN, FOLIC ACID), SUNFLOWER OIL, SPICES (INCLUDING TURMERIC), DRIED RED BELL PEPPER, SALT, DRIED SPINACH, ONION POWDER, GARLIC POWDER, CITRIC ACID..

INGREDIENTS: PRECOOKED DRIED PINTO BEANS, PRECOOKED ENRICHED LONG GRAIN RICE (RICE, NIACIN, IRON, THIAMIN, FOLIC ACID), SUNFLOWER OIL, DRIED APPLES, SPICES, TOMATO POWDER, SALT, GARLIC POWDER, ONION POWDER, CITRIC ACID.

INGREDIENTS: PRECOOKED ENRICHED LONG GRAIN RICE (RICE, NIACIN, IRON, THIAMIN, FOLIC ACID), PRECOOKED DRIED RED BEANS, PRECOOKED DRIED PINTO BEANS, SUNFLOWER OIL, ONION POWDER, DRIED GREEN BELL PEPPERS, GARLIC POWDER, SALT, SMOKED SALT, DRIED CELERY, SPICES, CITRIC ACID.



8 50035 17000 7

PACK SIZE: 14/3.5oz



8 50035 17001 4

PACK SIZE: 14/3.5oz



8 50035 17002 1

PACK SIZE: 14/3.5oz



8 50035 17003 8

PACK SIZE: 14/3.5oz

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