



Hearty Pack



Servings: 8



Prep Time: 20 mins



Cook Time: 15–20 mins

Ingredients

- Rice, soy flour, dried vegetables (carrot, onion, tomato, celery, cabbage, bell pepper), salt, onion powder, garlic powder, sugar, natural flavors, canola oil, turmeric, and added vitamins and minerals.
- Contains: Soy

Instructions

- 1 Bring 8-10 cups of water to a boil.
- 2 Add contents of the bag.
- 3 Simmer for 20 minutes, stirring occasionally.
- 4 Add more water if needed.

Optional

Add oil or butter, cooked meat, or your favorite seasonings.