



Freeze Dried Beef Chunks

Meats

Augason Farms freeze dried meats are fully cooked meats that have been freeze dried. When rehydrated, they still contain the great flavor, texture and color of the original meats. They are easy to prepare, lightweight, require no refrigeration and have a long shelf life making them perfect for any outing or a great dinner at home.

Freeze Dried Beef Chunks

Augason Farms Freeze Dried Beef Chunks are easy to use; rehydrate and use like cooked beef. Add to tacos, soups, stew and casseroles.

Black Bean Beef Burgers

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| 3/4 cup Augason Farms Black Turtle Beans | 1 cup cheddar cheese – shredded |
| 2 cups Augason Farms Freeze Dried Beef Chunks, rehydrated | 1/3 cup seasoned bread crumbs |
| 1 large egg – beaten | 1/2 teaspoon garlic powder |

Soak and cook beans according to directions on package. Mash beans and meat slightly with a fork. Add egg, cheese, bread crumbs, and garlic powder. Mix well. Shape into 8 patties. Grill over medium-high heat 4-8 minutes per side. Serve on buns with favorite burger toppings.

Beef with Black Beans & Rice

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| 1 cup Augason Farms Black Turtle Beans | 1 tablespoon mustard, prepared |
| 2 tablespoons oil | 1 teaspoon chili powder |
| 1 cup Augason Farms Freeze Dried Beef Chunks, rehydrated | 2 tablespoons soy sauce |
| 1 cup chopped onions | Dash cayenne pepper |
| 1 cup chopped bell peppers | 1 cup tomato sauce |
| 2 cloves garlic, minced | 3 cups hot cooked rice |
| 1 tablespoon lemon juice | |

Soak and cook beans according to directions on package. Heat oil in large skillet over medium heat. Add beef, onions, green pepper, and garlic; sauté until tender. In a small bowl combine lemon juice, mustard, chili powder, soy sauce, and cayenne with a small amount of tomato sauce and whisk until thoroughly blended. Stir in remaining tomato sauce, add to meat mixture. Add beans and cook for 20 minutes, or until flavors are well blended. Serve with hot cooked rice.

DIRECTIONS:

Yield: 1/4 cup of beef chunks with flavor, taste and color of fresh beef.

- Mix 1/4 cup of beef chunks to 1/4 cup of water.
- Let stand one minute.
- Drain off excess water and use as you would regular cooked beef.

Use in meat pies, stews, soups, sandwiches, etc.

Refrigerate after opening.

INGREDIENTS: Freeze dried cooked beef chunks.

Processed in a dedicated gluten free manufacturing and packaging site.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 25 years / Opened: to 1 year

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.

Nutrition Facts

Serving Size: 1/2 cup (34g)

Servings Per Container: 13

Amount Per Serving

Calories 130 Calories from Fat 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2.5g **14%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 530mg **22%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 27g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 15%

*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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13 SERVINGS
NET WT. 1 LB (453 g)