



Vegetable Stew Blend

Soups & Sauces

Augason Farms Soups and Sauces are MSG-free. Great to use everyday or just to have on hand.

Vegetable Stew Blend

Augason Farms Vegetable Stew Blend is a nutritious combination of potato dices, cabbage flakes, chopped onions, carrot dices, celery slices, and red and green peppers; dehydrated and mixed for use in any soup or stew.

Mountain Man Stew

- 2 cups Augason Farms Vegetable Stew Blend
- 1/4 cup Augason Farms Dehydrated Chopped Onions
- 1/4 cup Augason Farms Vegetarian Meat Substitute Beef
- 1/4 cup Augason Farms Freeze Dried Sweet Corn
- 32 oz. stewed tomatoes
- 2 cups beef bouillon
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 clove garlic
- 1 bay leaf
- 1 teaspoon paprika

Combine all ingredients together. Cook on medium heat for 30-40 minutes.

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.)

Farmers Market Soup

- 2 1/2 cups Augason Farms Creamy Potato Soup Mix – dry
- 6 cups water
- 1/2 cup Augason Farms Freeze Dried Sweet Corn
- 1/2 cup Augason Farms Vegetable Stew Blend

Whisk soup mix and water together. Add corn and stew mix. Cook on medium for 25-30 minutes.

Nutrition Facts

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

Amount Per Serving			
Calories 70		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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INGREDIENTS: Potato dices, cabbage flakes, chopped onion, carrot dices, celery slices, red and green bell peppers.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

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.

40 SERVINGS
NET WT. 2 LBS 1.0 OZ (935 g)