



# Vegetarian Meat Substitute Chicken Strips (flavored)

## Meats

Augason Farms meat substitutes are textured vegetable protein products made from defatted soy flour and are ideal for vegetarian diets. After rehydrating, they should be used at once or stored refrigerated.

## Vegetarian Meat Substitute Chicken Strips

Augason Farms Vegetarian Meat Substitute Chicken Strips is high in fiber, protein, and iron. Perfect to take on camping trips because no refrigeration is necessary until rehydrated.

## Veggie Chicken Rice Casserole

2 (10.75 ounce) cans condensed cream or chicken soup  
2 cups Augason Farms Vegetarian Meat Substitute Chicken Strips  
1 (16 ounce) package frozen mixed vegetables, thawed  
2 cups cooked rice  
2 1/2 cups water (to rehydrate chicken strips)  
2/3 cup water  
1/2 cup crushed buttery round crackers

Pour 2 1/2 cups water in large skillet. Add chicken strips. Cook over medium-low heat until the excess moisture is absorbed, stirring occasionally. Set aside. Cook rice as directed. Set aside. Combine soup, cooked vegetables, cooked rice and 2/3 cup water. Mix well and spread mixture in a 9"x13" baking dish. Top with rehydrated chicken strips. Sprinkle crushed cracker crumbs on top and bake at 350°F for 15-20 minutes. Let cool 10 minutes and serve.

## DIRECTIONS:

Yield: 1/2 cup of chicken strips.

1. Add 2/3 cup of water to 1/2 cup of chicken strips.
2. Cook over medium/low heat until the excess moisture is absorbed, stirring occasionally.

Use as an entrée, in sandwiches, or salads.

Each 1 cup of dry Vegetarian Meat Substitute Chicken Strips equals about 1 pound of chicken strips.

## Crispy Chicken Strip Salad

1 tablespoon butter  
1/2 cup pecan halves  
2 tablespoons sugar  
2 tablespoons canola oil  
2 cups Augason Farms Vegetarian Meat Substitute Chicken Strips  
4 cups spring mix salad greens  
1 cup torn Boston lettuce  
1/2 cup raspberry vinaigrette  
2 cups fresh or frozen unsweetened raspberries

Pour water in large skillet. Add chicken strips. Cook over medium-low heat until the excess moisture is absorbed, stirring occasionally. Set chicken strips aside adding canola oil to skillet. Heat until hot and return chicken strips to skillet and cook until crispy. Set aside. In a small skillet, melt butter. Add pecans and cook over medium heat until nuts are toasted, about 4 minutes. Sprinkle with sugar. Cook and stir for 1-4 minutes or until sugar is melted. Transfer to a greased foil-lined baking sheet, cool completely. Break pecans apart. Toss greens and lettuce with vinaigrette; arrange on individual plates. Top with raspberries, chicken strips and pecans. Serves 4.

## Nutrition Facts

Serving Size 1/2 cup (42g)

Servings Per Container 18

Amount Per Serving			
<b>Calories</b>	130	<b>Calories from Fat</b>	40
		% Daily Value*	
<b>Total Fat</b>	4g		<b>6%</b>
<b>Saturated Fat</b>	1g		<b>4%</b>
<b>Trans Fat</b>	1.5g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	980mg		<b>41%</b>
<b>Total Carbohydrate</b>	14g		<b>5%</b>
<b>Dietary Fiber</b>	4g		<b>16%</b>
<b>Sugars</b>	8g		
<b>Protein</b>	13g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	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.			
	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
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
<b>Calories per gram:</b>		<b>Fat 9</b>	<b>Carbs 4 Protein 4</b>

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**INGREDIENTS:** Textured soy flour, sugar, water, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, monosodium glutamate, white pepper, thiamine hydrochloride, dextrose, natural smoke flavoring, disodium inosinate, disodium guanylate.

**Contains allergen:** Soy.

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 10 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.

**18 SERVINGS**  
**NET WT. 1 LB 11.0 OZ (765 g)**