

Vegetarian Meat Substitute

Chicken (flavored)



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

Augason Farms Vegetarian Meat Substitute Chicken is a good source of protein and fiber. It's great in soups, stews, and casseroles where it enhances nutrition.

Chunky Chicken Casserole

1/2 cup Augason Farms Vegetarian Meat Substitute Chicken

- 1 teaspoon chicken broth
- 1 cup water
- 8 ounce chicken cooked and cubed
- 2 cups grated cheese
- 2 cans refrigerated biscuits
- 1 can cream of chicken soup
- 3/4 cup milk

1/4 cup Augason Farms Dehydrated Chopped Onions

Salt & pepper to taste

In small saucepan boil water, add broth, and chicken bits. Simmer for 10 minutes. Cool slightly, add cubed chicken and 1/2 cup cheese. Arrange biscuits close together in baking pan. Spread chicken mixture on biscuits. Mix soup, milk, onion, and salt & pepper.

Pour over chicken. Bake at 375°F for 30 minutes. Sprinkle with remaining cheese and return to oven until cheese melts.

Barbeque Chicken Sandwiches

3 cups Augason Farms Vegetarian Meat Substitute Chicken

- 3 teaspoons chicken broth
- 5 cups water
- 2 green peppers chopped
- 2 sweet onions chopped
- 1 lb. fresh mushrooms sliced
- 2 to 3 large tomatoes chopped
- 2 cups barbeque sauce

Combine chicken, broth and water and vegetables in large pot. Bring to a low boil and simmer for 15 minutes. Add barbeque sauce and heat 5 more minutes. Serve on hamburger buns or small hoagie rolls.

Nutrition Facts

Serving Size: 1/4 cup (26g) Servings Per Container: 383

Amount Per Serving	
Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 550n	ng 23 %
Total Carbohydrate 7g 2%	
Dietary Fiber 4g 14	
Sugars 2g	
Protein 11g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 10%
*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 300mg Cholesterol Less than 300mg Sodium Less than 2400mg 2400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g

Protein 4

Calories per gram: Fat 9 Carbs 4

DIRECTIONS:

To reconstitute: 2 parts water, 1 part chicken bits. Simmer about 10 minutes.

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

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INGREDIENTS: Textured soy flour, soybean oil, salt, autolyzed yeast extract, hydrolyzed corn protein, natural smoke flavoring, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate.

Contains allergen: Soy.

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 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.

383 SERVINGS NET WT. 22 LBS (9.97 kg)