

Dehydrated Diced GF Gluten-Free Carrots & Celery

Vegetables

Dehydrated vegetables are dried by a low heat process that removes moisture. The size of the vegetables will shrink, which means there will be more servings in each container

Dehydrated Diced Carrots & Celery

Augason Farms Dehydrated Diced Carrots & Celery are great to add to recipes or salads for extra vitamins and great taste.

Carrot Raisin Salad

4 cups Augason Farms Dehydrated Carrots & Celery

3/4 cup raisins

4 cups salad dressing or Miracle Whip®

2 tablespoons sugar

2 to 3 tablespoons Country Fresh 100% Nonfat Instant Milk, prepared

Boil carrots and celery in water until tender, approximately 15 minutes. Rinse with cold water and drain well. Add sugar and milk to salad dressing. Stir in raisins and add to vegetables. Chill well.

Mom's Best Chili

2 large cans chili beans

1/4 cup Augason Farms Dehydrated Carrots & Celery

1/4 cup Augason Farms Dehydrated Diced Red & Green Bell Peppers

1/4 cup Augason Farms Dehydrated Chopped Onions

2 cups ketchup

Salt and Pepper to taste

1/2 cup Augason Farms Vegetarian Meat Substitute Beef

1 - 46 ounce tomato juice

1-2 cups water-optional

Combine tomato juice, ketchup and water in pan. Heat. Add vegetables and beef. Simmer on low heat until tender, approximately 30 minutes.

DIRECTIONS:

To rehydrate:

- 1. Add 1/2 cup vegetables to 1 cup warm water.
- 2. Cover and simmer for 15 minutes.
- 3. Season to taste.

Can be added, without reconstituting, to stews, soups, casseroles, meats and other dishes for a boost of flavor.

INGREDIENTS: Diced carrots, cross cut celery stalk.

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 (41g)
Servings Per Container: 155

Servings Per Container: 155				
Amount Per	Serving			
Calories 130 Calories from				Fat 5
			% Dai	ly Value*
Total Fat 0.5g				1%
Saturated Fat 0g				0%
Trans Fat 0g				
Cholesterol 0mg				0%
Sodium 380mg				16%
Total Carbohydrate 29g 10%				
Dietary Fiber 4g				17%
Sugars 14g				
Protein ()g			
Vitamin A	450%	•	Vitamin C	60%
Calcium 2	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.				
	Calor		2,000	2,500
Total Fat Sat Fat	Less t Less t		65g 20g	80g 25g
	_000 :		==9	9

300mg

375g

30g

2400mg

Protein 4

300mg

300a

25g

Carbs 4

2400mg

12040-1011

Cholesterol

Dietary Fiber

Total Carbohydrate

Calories per gram: Fat 9

Sodium

Less than

Less than