

HEARTY POTATO SOUP

+ Preparation

Mix 1/4 cup Hearty Potato Soup with 1 cup water. Slowly bring to a boil. Stir often to avoid burning. Soup will thicken rapidly when it reaches a boil.

INGREDIENTS: DEHYDRATED VEGETABLES (*POTATOES, ONION, GARLIC, CELERY AND CARROTS), PARTIALLY HYDROGENATED CANOLA OIL, CORN SYRUP SOLIDS, MALTODEX-TRIN, SALT, SODIUM CASEINATE, HYDROLYZED CORN GLUTEN AND HYDROLYZED SOY PROTEIN, CORN STARCH, CHICKEN FAT, SUGAR, SPICES, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, DISODIUM INOSINATE AND DISODIUM GUANYLATE AND TURMERIC (COLOR), NOT MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING.
*FRESHNESS PROTECTED BY SODIUM BISULFITE
ALLERGENS: DAIRY, SOY

Nutrition Facts	
Serving Size: 1 cup (33g)	
Servings Per Container: 30	
Amount Per Serving	% Daily Value*
Calories 276	Calories from Fat 70
Total Fat 1g	12%
Saturated Fat 3g	16%
Trans Fat 2.5g	
Cholesterol 15mg	5%
Sodium 810mg	34%
Total Carbohydrate 42g	12%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 6g	
Vitamin A 4%	Vitamin C 0%
Calcium 15%	Iron 8%

*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Warning: Dairy, eggs, fin fish, shellfish, soy and wheat are present on the same manufacturing line or in the same manufacturing facility.

SHELF LIFE UP TO 15 YEARS IF STORED IN A COOL, DRY PLACE
Manufactured for The Ready Project, LLC
909 W. 500 N. Ste A, LINDON, UT 84042 - www.thereadyproject.com - (801) 785-5800

BEEF VEGETABLE STEW

+ Preparation

Boil 1 cup water. Shake bag well to mix ingredients. Stir in 1/4 cup Beef Vegetable Stew mix and 1/8 cup of pasta. Boil for 10-12 minutes stirring occasionally.

INGREDIENTS: PASTA (SEMOLINA ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIAICIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED VEGETABLES (*POTATOES, GREEN BEANS, ONIONS, GARLIC, TOMATO, CELERY, CARROT AND PARSLEY), SALT CORN STARCH, NATURAL FLAVORS AND SPICES
*FRESHNESS PROTECTED BY SODIUM BISULFITE
ALLERGENS: WHEAT

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LOT#

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Nutrition Facts	
Serving Size: 1 cup (31g)	
Servings Per Container: 30	
Amount Per Serving	% Daily Value*
Calories 105	Calories from Fat 10
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	18%
Sugars 2g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 5%	Iron 8%

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CHEDDAR BROCCOLI RICE MIX

+ Preparation

Combine 1/2 cup water and 1/3 cup cheddar broccoli mix and bring to boil, stirring often. Remove from heat, cover and let sit for 5-10.

INGREDIENTS: INSTANT RICE, CHEDDAR CHEESE (PASTURIZED MILK, SALT, CULTURE, ANNATTO, ENZYMES) WHEY, MALTODEX-TRIN, SOYBEAN OIL, SALT, BLUE CHEESE (PASTURIZED MILK, SALT CULTURE, ENZYMES), BROCCOLI, ONION, CORN STARCH, SPICES, NATURAL FLAVOR, LACTIC ACID, SODIUM CASEINATE, NATURAL WINE FLAVOR, CITRIC ACID, ANNATTO EXTRACT, TURMERIC EXTRACT
ALLERGENS: DAIRY, SOY

MFD

LOT#

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Nutrition Facts	
Serving Size: 1/3 cup dry (85.7g), 1/2 cup prepared	
Servings Per Container: 30	
Amount Per Serving	% Daily Value*
Calories 336	Calories from Fat 34
Total Fat 3g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 363mg	0%
Total Carbohydrate 61g	22%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 6g	
Vitamin A 1%	Vitamin C 4%
Calcium 2%	Iron 14%

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INSTANT POTATOES

+ Preparation (2 1/2 Servings)

Mix 3/4 cup of Instant Potatoes with 2 cups of water. Slowly bring to a boil. Stir often to avoid burning. Potatoes will thicken rapidly when it reaches a boil. Add extra water to make potato soup.

INGREDIENTS: DEHYDRATED VEGETABLES (*POTATO, ONION, GARLIC, CARROT, PARSLEY), MODIFIED CORN STARCH, PARTIALLY HYDROGENATED CANOLA OIL, CORN SYRUP SOLIDS, MALTODEXTRIN, SALT, NATURAL FLAVORS (CONTAINS DAIRY), HYDROLYZED CORN GLUTEN, AND HYDROGENATED SOY PROTEIN, CORN STARCH, CHICKEN FAT, SUGAR, SODIUM CASEINATE, SILICON DIOXIDE (ANTI CAKING AGENT), SPICES, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, DISODIUM INOSINATE AND DISODIUM GUANYLATE
*FRESHNESS PROTECTED BY SODIUM BISULFITE
ALLERGEN: SOY, DAIRY

Nutrition Facts	
Serving Size: 36g	
Servings Per Container: 30	
Amount Per Serving	% Daily Value*
Calories 276	Calories from Fat 70
Total Fat 8g	12%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 750mg	38%
Total Carbohydrate 4g	6%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 2g	
Vitamin A 2%	Vitamin C 8%
Calcium 5%	Iron 2%

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CHICKEN VEGETABLE STEW

+ Preparation

Mix 1/4 Cup of Chicken Vegetable Stew with 1 Cup of Water. Slowly bring to a boil. Stir often to avoid burning soup. Soup will thicken rapidly when it reaches a boil.

INGREDIENTS: PASTA (SEMOLINA ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIAICIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED VEGETABLES (*POTATOES, PEAS, ONION, CELERY AND CARROTS), MODIFIED CORN STARCH, PARTIALLY HYDROGENATED CANOLA OIL, CORN SYRUP SOLIDS, MALTODEXTRIN, SALT, NATURAL FLAVORS, SODIUM CASEINATE, HYDROGENATED CORN GLUTEN AND HYDROLYZED SOY PROTEIN, CORN STARCH, CHICKEN FAT, SUGAR, SPICES, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, DISODIUM INOSINATE AND DISODIUM GUANYLATE.
*FRESHNESS PROTECTED BY SODIUM BISULFITE
ALLERGENS: DAIRY, WHEAT, SOY

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Nutrition Facts	
Serving Size: 1 cup (25 g)	
Servings Per Container: 30	
Amount Per Serving	% Daily Value*
Calories 173	Calories from Fat 50
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 2.5g	
Cholesterol 25mg	8%
Sodium 530mg	22%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	
Vitamin A 8%	Vitamin C 0%
Calcium 2%	Iron 4%

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Item: 1090

Quick Cook Oats

+ PREPARATION

Bring 1/2 cup of water to a boil. Add 1/4 cup of oats. Reduce to medium heat and stir for 2-3 minutes. Remove from heat, cover, and let sit for 5-10 minutes.

Ingredients: Nonorganic, regular rolled oats

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Nutrition Facts	
Serving Size: 1/4 cup (24g dry)	
Servings Per Container: 30	
Amount Per Serving	% Daily Value*
Calories 100	Calories from Fat 15
Total Fat 2g	3%
Saturated Fat 250mg	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 7%

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Polenta (Corn Grits)

+ Preparation

6 cups Water
2 cups of Corn Grits

In a large, deep pan over high heat bring water to a boil. Gradually stir in corn grits. Reduce heat and simmer gently, stirring frequently to prevent sticking until mixture is very thick (about 30 min). Use a long-handled spoon because mixture pops and bubbles and can burn.

Optional Ingredients: Stir in butter and salt if needed.

Ingredients: DEGERMINATED CORN

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SHELF LIFE UP TO 20 YEARS IF STORED IN A COOL, DRY PLACE

Nutrition Facts	
Serving Size: 45g	
Servings Per Container: 30	
Amount Per Serving	% Daily Value*
Calories 167	Calories from Fat 6
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	10%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%

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Orange Drink

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+ Preparation

Mix 2 Tbsp. of drink mix with 8 ounces of water.

INGREDIENTS: SUGAR, FRUCTOSE, MALTODEXTRIN, CITRIC ACID, CALCIUM LACTATE, PENTAHYDRATE, ASCORBIC ACID, NATURAL FLAVORS, SODIUM CITRATE, TRICALCIUM PHOSPHATE (ANTICAKING AGENT), NIAICIN, CALCIUM PANTOTHENATE, YELLOW #5, TITANIUM DIOXIDE, YELLOW #6, PYRIDOXINE HYDROCHLORIDE, CYANOCOBALAMIN.

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Nutrition Facts	
Serving Size: 2 Tbsp, 8 fl oz. (25g)	
Servings Per Container: 35	
Amount Per Serving	% Daily Value*
Calories 90	Calories from Fat 0
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	3%
Sugars 23g	
Protein 0g	
Vitamin A 10%	Vitamin C 110%
Vitamin B12 35%	Vitamin B6 35%
Niacin 30%	Pantothenic Acid 50%

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