



DIRECTIONS:
 Cover each cup of beans with 3 cups of water and let stand overnight or at least 12 hours. For quicker soaking, add dry beans to boiling water. Boil for 2 minutes. Remove from heat, cover pan and let soak for 1 hour and then cook in same water. To cook, cover and simmer slowly until beans are tender, about 2 hours. Add more water if necessary. Season with salt, pepper, onion, garlic, bouillon, or meat stock.

INGREDIENTS: Northern, Pinto, Large Lima, Blackeye, Garbanzo, Baby Lima, Green Split Pea, Kidney, Cranberry Bean, Small White, Pink Bean, Small Red, Yellow split pea, Lentils, Navy, White Kidney, Pearl Barley, Black Bean.

Contains allergen: Dairy.

No preservatives added.

SHELF LIFE: Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 30 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

16-BEAN SOUP

Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

AFTER OPENING: Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened _____

DH50-0811



NET WT 5 LBS (2.27 kg)

Nutrition Facts

Serving Size 1/4 Cup dry (38g)
 Servings Per Container 60

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 23g **8%**

Dietary Fiber 13g **52%**

Sugars 1g

Protein 8g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

*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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 Carbs 4 Protein 4



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