



**DIRECTIONS:**

1. Add 2 parts water to 1 part Vegetarian Meat Substitute Beef.
2. Bring to a boil.
3. Reduce heat and simmer for 20 minutes, stirring occasionally.

Use in soups, stews, or as a meat extender.

**INGREDIENTS:** Textured vegetable protein (soy flour, caramel color), soybean oil, salt, hydrolyzed corn, soy, wheat protein, autolyzed yeast.

**Contains allergens: Soy and wheat.**

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

Sealed to 10 years • Opened to 1 year

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

# BEEF TVP



**NET WT 2 LBS 8.0 OZ (1.13 kg)**

**Nutrition Facts**

Serving Size 1/4 cup (28g)  
 Servings Per Container 40

**Amount Per Serving**

**Calories 100**      **Calories from Fat 40**

**Total Fat 4g**      **6%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 520mg**      **22%**

**Total Carbohydrate 8g**      **3%**

Dietary Fiber 4g      **15%**

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.

		<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
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



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 \_\_\_\_\_

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