



**BERNARD**  
FOOD INDUSTRIES, INC.®

REORDER 206128

## VEGETARIAN BEEF FLAVORED PASTA STEW MIX

Made with Whole Grain & Enriched Semolina Pasta and Textured Vegetable Protein in a mildly seasoned brown sauce along with Potato, Peas and Carrots, this entrée mix makes a complete Vegetarian Entrée with just the addition of water. Each 1 Cup serving will provide 1 oz. Meat/Meat Alternate and 3/4 Grain ounce equivalent.

If additional protein is desired, and serving it a vegetarian entrée is not a requirement, the addition of 6 lbs., 4 oz. of cooked meat will provide 2 oz. Meat/Meat Alternate and 3/4 Grain ounce equivalent per 1 Cup, 1 oz. serving.

### DIRECTIONS:

1. Combine 5 ¼ Gallons of Water with Pasta and contents of Stew Seasoning from this container.
2. Bring Mixture to a boil. Reduce heat. Cover and Simmer for 30 minutes while stirring occasionally.
3. Allow to Stand 5 to 10 minute. Keep warm until ready to serve.

Yield: 100 -1 Cup Servings (Note: Each 1 cup serving provides 1 oz. Meat/Meat Alternate and 3/4 Grain ounce equivalent.

**Meat Option:** Adding 6 lbs., 4 oz. of cooked meat will provide 2 oz. Meat/Meat Alternate and 3/4 Grain ounce equivalent per 1 cup, 1 oz. serving.

**INGREDIENTS:** Pasta (51% Whole Durum Flour, Semolina Durum Wheat Flour [Enriched With Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid] And Water), Textured Vegetable Protein Product (Soy Flour, Caramel Coloring [Contains Sulfites], Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin), Hydrolyzed Soy Protein, Modified Corn Starch, Potato, Peas, Carrots, Palm Oil, Tomato Powder, Sugar, Onion, Silicon Dioxide, Caramel Color, Garlic Powder, Disodium Inosinate And Disodium Guanylate.

Contains Wheat, Soy

**NET WEIGHT 9 LBS., 12 OZ. (4.42 KGS)**

Distributed by Bernard Food Industries, Inc.

Evanston, IL 60204-1497

1-800-323-3663

## Nutrition Facts

Serving Size 1 cup prepared (44g mix)  
Servings Per Container 100

Amount Per Serving			
Calories 160	Calories from Fat 20		
		% Daily Value *	
<b>Total Fat</b> 2 g			3%
Saturated Fat 0.5 g			3%
Trans Fat 0 g			
<b>Cholesterol</b> 0 mg			0%
<b>Sodium</b> 730 mg			30%
<b>Potassium</b> 270 mg			8%
<b>Total Carbohydrate</b> 27 g			9%
Dietary Fiber 4 g			15%
Sugars 3 g			
<b>Protein</b> 8 g			
Vitamin A			25%
Vitamin C			4%
Calcium			3%
Iron			10%
* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated 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