



**BERNARD**  
FOOD INDUSTRIES, INC.®

REORDER 206228

## VEGETARIAN BEEF FLAVORED STROGANOFF MIX

Made with Whole Grain & Enriched Semolina Pasta and Textured Vegetable Protein in a mildly seasoned Stroganoff Sauce, 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 Stroganoff 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, Coppergluconate, Vitamin A, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin), Creamer Powder (Palm Oil, Corn Syrup Solids, Sodium Caseinate, Mono And Diglycerides, Sodium Silico Aluminate), Whey Protein Concentrate, Modified Corn Starch, Hydrolyzed Soy Protein, Salt, Natural Flavor, Onion, Mushroom, Garlic Powder, Onion Powder, Malic Acid, Seasoning (Sugar, Onion Powder, Turmeric, Spice Extractives, Tricalcium Phosphate), Artificial Flavor.

Contains Milk, Wheat, Soy

## Nutrition Facts

Serving Size 1 cup prepared (44g mix)

Servings Per Container 100

### Amount Per Serving

<b>Calories 160</b>	Calories from Fat 25	
<b>% Daily Value *</b>		
<b>Total Fat 3 g</b>		<b>4%</b>
Saturated Fat 1 g		6%
Trans Fat 0 g		
<b>Cholesterol 0 mg</b>		<b>0%</b>
<b>Sodium 630 mg</b>		<b>26%</b>
<b>Potassium 290 mg</b>		<b>9%</b>
<b>Total Carbohydrate 25 g</b>		<b>8%</b>
Dietary Fiber 3 g		13%
Sugars 4 g		
<b>Protein 9 g</b>		
Vitamin A		0%
Vitamin C		0%
Calcium		7%
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	

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

Distributed by Bernard Food Industries, Inc.

Evanston, IL 60204-1497

1-800-323-3663