

# CHILI MACARONI

## COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
5. Open pouch—stir and eat.

### NUTRITION INFORMATION

Servings per package:	2.00	
Serving size:	69.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1040 kJ	1510 kJ
Protein	11.0 g	15.9 g
Fat, total	2.5 g	3.6 g
- saturated	0.6 g	0.8 g
Carbohydrate	41.1 g	59.5 g
- sugars	7.7 g	11.2 g
Sodium	969 mg	1400 mg



For higher elevations, simmer in pot 15 to 20 minutes on heat source before serving.

**INGREDIENTS:** Pasta (35%) (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein (Soy Flour, Caramel Color), Maltodextrin, Pinto Beans (10%), Whey, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Tomato, Salt, Partially Hydrogenated Soybean Oil, Dried Onion, Corn Syrup Solids, Guar Gum, Sugar, Hydrolyzed Soy Protein, Garlic Powder, Spices, Extractives of Paprika and Turmeric, Disodium Inosinate and Disodium Guanylate, Sodium Caseinate (a milk derivative), Citric Acid, Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavour, Yeast Extract.

CONTAINS: MILK, SOY, WHEAT.

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.**

**100% VEGETARIAN**



**WARNING:** Hot steam inside. Use caution when opening pouch.

