

Santa Fe Style Beef Skillet

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 1/2 cups (12 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 7.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10 - 12 minutes; stir again & serve.

Ingredients: Instant White Rice (cooked), Black Beans, Beef Diced Cooked Freeze Dried (Beef, Salt), Sweet Potatoes, Sweet Corn, Tomato Powder, Tomato Flakes, Sea Salt, Bell Pepper Red & Green Combo, Cumin, Natural Flavor [Contains Baker's Yeast Extract, Salt, Canola Oil (anti-dusting)], White Onion, Crystallized Lime [Citric Acid, Natural Lime Flavor (maltodextrin, sugar, lime oil, lime juice concentrate, sunflower lecithin, gum arabic, silicon dioxide)], Garlic Granulated, Monterey Chili Powder (Chili Pepper, Spices, Salt, Garlic), Jalapeno, Oregon.

Nutrition Facts

2 servings per container

Serving size

1/2 package (70.5g)

	Per Serving		Per Container	
Calories	270		530	
	% Daily Value*		% Daily Value*	
Total Fat	4g	5%	8g	10%
Saturated Fat	1.5g	8%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	20mg	7%	40mg	13%
Sodium	510mg	22%	1010mg	44%
Total Carbohydrate	25g	9%	50g	18%
Dietary Fiber	4g	14%	8g	28%
Total Sugars	6g		12g	
Includes Added Sugars	0g	0%	0g	0%
Protein	15g		30g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	76mg	6%	153mg	10%
Iron	4mg	20%	7mg	40%
Potassium	1114mg	25%	2228mg	45%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



0g TRANS FAT
PER SERVING



GLUTEN FREE

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