

Gluten Free - No Added Salt

BOUNTIFUL PANTRY™



Vegetable Cheddar Chowder

**Delicious & So EASY!
Ready in Minutes . . .**

1. To a pot with 4 cups chicken or vegetable broth or bouillon + 4 Cups water, add mix & stir.
2. Bring to a boil & lower heat to a simmer. Cook for 25 min. or till potatoes are tender. Remove bay leaf.
3. Remove from heat. Stirring constantly, add 6 oz. shredded cheddar cheese.

SERVE with SALT & PEPPER TO TASTE.

Other suggestions . . . just before serving:

- Add 1 package of defrosted cauliflower, broccoli or beans
- Add cooked shrimp
- Top with crumbled bacon
- Add 1 - 2 cups diced cooked chicken, turkey or ham

Only Natural Ingredients: Potato, Carrots, Sweet Peas, Celery, Onion, Red & Green Bell Peppers, Parsley, Tarragon, Chervil, Chives, Bay Leaf.

Nutrition Facts: Serving Size: 1/3 C, 33 g dry mix only
Serv. per container: 8; Amount per serving: **Calories** 120, Fat Cal. 10; **Total Fat** 1g (2% DV), Sat. Fat 0 (0% DV), Trans Fat 0, **Cholest** 0 (0% DV), **Sodium** 75mg (3% DV), **Total Carb.** 25g (8% DV), Fiber 4g (16% DV), Sugars 3g, **Protein** 3g. Vitamin A (60% DV), Vitamin C (8% DV), Calcium (2% DV) Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Manufactured for
Bountiful Pantry
Nantucket, MA 02554-0179
www.bountifulpantry.com

PRODUCT OF U.S.A.

net wt 9.2 oz / 264g

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