

Gluten Free - No Added Salt

BOUNTIFUL PANTRY™



Farmhouse Chowder

Delicious & So EASY!

1. Rinse lentil mix.
2. Add to pot with 4 cups water & 4 cups broth or bouillon (chicken or vegetable). Add vegetable/seasoning packet.
Optional: add 2 potatoes peeled & cut in 1" cubes.
3. Bring to a boil, lower heat & simmer for 30-40 minutes till lentils, split peas & rice are soft.

SERVE with SALT & PEPPER TO TASTE.

Other suggestions . . .

- Add 1-1/2 cups milk or cream just before serving. Heat gently
- Add 1 lb. of crumbled turkey sausage to the pot while simmering
- Add 2 cups diced cooked chicken or turkey just before serving
- Top each serving with 1Tbsp. sour cream or shredded cheese
- Top each serving with diced turkey or soy bacon

Only Natural Ingredients: Imported Red Lentils, Long Grain Brown Rice, Yellow & Green Split Peas, Carrots, Celery, Corn, Onion, Pumpkin, Leeks, Red & Green Bell Peppers, Brown Sugar, Garlic, Paprika, Mustard, Thyme, Bay Leaf.

Nutrition Facts: Serving Size: 1/3 C, 60 g dry mix only
Serv. per container: 8; Amount per serving: **Calories** 220, Fat Cal. 15;
Total Fat 1.5g (2% DV), Sat. Fat 0 (0% DV), Trans Fat 0, **Cholest** 0
(0% DV), **Sodium** 25mg (1% DV), **Total Carb.** 42g (14% DV), Fiber
9g (36% DV), Sugars 5g, **Protein** 11g. Vitamin A (25% DV), Vitamin
C (30% DV), Calcium (4% DV) Iron (15% DV). Percent Daily Values
(DV) are based on a 2,000 calorie diet.

Manufactured for
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www.bountifulpantry.com

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net wt 17 oz / 485g

