

**Gluten Free - No Added Salt**

**BOUNTIFUL PANTRY™**



**Split Pea & Garden Herbs**

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

1. Rinse peas & add to pot with 8 cups chicken or vegetable broth or bouillon and add vegetable & seasoning packet. Bring to a boil. Lower heat to simmer.
2. Cook for 30-45 minutes or till peas are tender. Remove bay leaf.

**SERVE with SALT & PEPPER TO TASTE.**

**Other suggestions . . . just before serving:**

- Add a 14.5 oz. can of diced tomatoes
- Add a meaty ham bone to the broth
- Sauté bacon in a skillet till browned, drain off extra fat. Add bacon to peas with seasoning packet.
- Serve cold topped with sour cream & dill.

**Only Natural Ingredients:** Green Split Peas, Carrots, Onion, Celery, Red & Green Bell Peppers, Tomato, Spinach, Garlic, Parsley, Chervil, Tarragon, Chives, Bay Leaf.

**Nutrition Facts:** Serving Size: 1/3 C, 54 g dry mix only  
Serv. per container: 8; Amount per serving: **Calories** 190, Fat Cal. 5;  
**Total Fat** 0.5g (1% DV), Sat. Fat 0 (0% DV), Trans Fat 0, **Cholest.** 0  
(0% DV), **Sodium** 20mg (1% DV), **Total Carb.** 34g (11% DV), Fiber  
14g (56% DV), Sugars 5g, **Protein** 13g, Vitamin A (35% DV), Vitamin  
C (6% DV), Calcium (4% DV) Iron (15% DV). Percent Daily Values  
(DV) are based on a 2,000 calorie diet.

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

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net wt 15 oz / 432g

