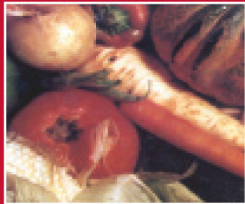


**Gluten Free - No Added Salt**

**BOUNTIFUL PANTRY™**



**Wild Rice & Veggie Chowder**

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

1. Bring 2 Cups of water & 4 Cups chicken or vegetable broth or bouillon to a boil, lower heat. Add Seasoning packet and Veggie & Rice Mix
2. Bring to a boil, lower heat to simmer. Cook for 20 min. Add 1-2 cups cooked Turkey, Chicken or Ham. Leftovers are perfect. Stir.
3. Add 2 cups milk or cream gently warm & serve.

For a thinner soup add more broth or water.

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

**Other suggestions . . .**

- Add 1 c - 2 c cooked & diced sweet potato or squash
- Add ½ Cranberries or leftover stuffing
- Add 8 - 16 oz. lima or navy beans
- Add fresh or frozen cooked pearl onions, cauliflower or broccoli

**Only Natural Ingredients:** Wild Rice, Parboiled Brown Rice, Potato Flakes, Peas, Carrots, Tomatoes, Red & Green Bell Peppers, Onions, Celery, Savoy Cabbage, Garlic, Chives, Tarragon, Parsley, Chervil.

**Nutrition Facts:** Serving Size: 1/3 C, 34 g dry mix only  
Serv. per container: 8; Amount per serving: **Calories** 120, Fat Cal. 5;  
**Total Fat** 1g (2% DV), Sat. Fat 0 (0% DV), Trans Fat 0, **Cholest** 0  
(0% DV), **Sodium** 30mg (1% DV), **Total Carb.** 25g (8% DV), Fiber  
3g (12% DV), Sugars 3g, **Protein** 4g. Vitamin A (35% DV), Vitamin C  
(45% DV), Calcium (2% DV) Iron (6% DV). Percent Daily Values (DV)  
are based on a 2,000 calorie diet.

Manufactured for  
**Bountiful Pantry**  
Nantucket, MA 02554-0179  
[www.bountifulpantry.com](http://www.bountifulpantry.com)

**PRODUCT OF U.S.A.**

net wt 9.5 oz / 272g 6  55516 115157 1