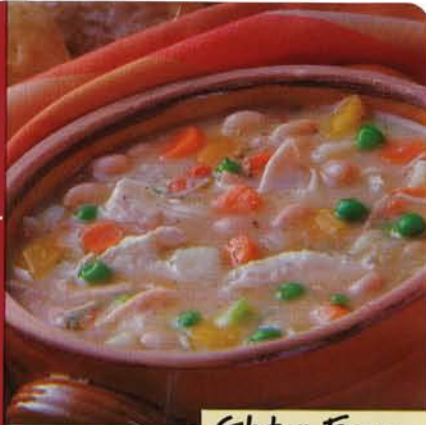


no added salt or preservatives



Gluten Free

colorado campfire chicken stew™

As thick and
rich as chicken
pot pie!
Serves 6

NET WT 7 OZ (198g)

YOU WILL ALSO NEED:

CO

4 T. Butter, 1 C. Onion, chopped, 1/4 C. Flour
or use Cornstarch for Gluten Free, 6 C. Chicken
Broth, 2-3 C. Cooked Chicken, cut up

COOKING TIME UNDER 1 HOUR

Nutrition Facts

Serving Size About 5 tbsp (25g)
About 1 cup prepared
Servings per container 8

Amount per Serving	Mix	Prepared
Calories	70	220
Calories from Fat	5	80

% Daily Value

Total Fat 0g*	0%	14%
Saturated Fat 0g	0%	23%

Trans Fat 0g

Cholesterol 0mg	0%	17%
-----------------	----	-----

Sodium 10mg	0%	33%
-------------	----	-----

Total Carb 15g	5%	7%
----------------	----	----

Dietary Fiber 4g	16%	20%
------------------	-----	-----

Sugars 2g

Protein 1g

Vitamin A	8%	10%
-----------	----	-----

Vitamin C	20%	20%
-----------	-----	-----

Calcium	6%	6%
---------	----	----

Iron	6%	10%
------	----	-----

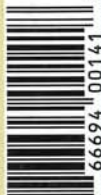
*Amount in Mix. Percent daily Values are based on a 2,000 calorie diet.

INGREDIENTS:
DEHYDRATED WHITE
BEANS, POTATO,
ONION, CARROT,
PEAS, CELERY,
YELLOW PEPPER,
THYME, SAGE,
GROUND BAY

ALLERGEN INFORMATION

Facility not dedicated
gluten free.

FRONTIER SOUPS™
Waukegan, IL 60085
frontiersoups.com



8

7

PEEL BACK CORNER FOR COOKING INSTRUCTIONS INSIDE!