

no added salt or preservatives



Gluten Free

california gold rush  
white bean  
chili™

A savory, mild  
chili with  
artichoke hearts!  
Serves 5-6

NET WT 15 OZ (425g)

YOU WILL ALSO NEED:

CA

1 lb. Fresh Ground Turkey, 14-oz.  
Can Artichoke Hearts or 1 Box Frozen,  
6 C. Chicken or Vegetable Broth

SOAK BEANS, COOKING TIME ABOUT 2 HOURS

Nutrition Facts

Serving Size About 3 tbsp (36g)  
About 1 cup prepared  
Servings Per Container about 10

Amount per Serving	Mix	Prepared
Calories	90	210
Calories from Fat	5	80

% Daily Value

Total Fat 0g*	0%	14%
Saturated Fat 0g	0%	8%
Trans Fat 0g		
Cholesterol 0mg	0%	10%
Sodium 25mg	1%	23%
Total Carb 22g	7%	8%
Dietary Fiber 10g	40%	44%
Sugars 1g		

Protein 7g

Vitamin A	30%	30%
Vitamin C	35%	35%
Calcium	6%	8%
Iron	15%	20%

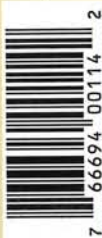
\*Amount in Mix. Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:  
NAVY BEANS,  
SWEET POTATOES,  
ONIONS, RED  
AND GREEN  
PEPPERS, CELERY,  
PAPRIKA, GARLIC,  
CAYENNE AND  
OTHER SPICES.

ALLERGEN  
INFORMATION

Facility not dedicated  
gluten free.

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↑ PEEL BACK CORNER FOR COOKING INSTRUCTIONS INSIDE!