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Spice up your dinner with our Hearty Chili with Beans! Brewed to peppery perfection with Thrive Life freeze dried ingredients, it's easy to whip up a homemade meal in record time that your family will love!

COOKING DIRECTIONS

1. Open Package. REMOVE AND DISCARD OXYGEN ABSORBER.
2. Bring 4 cups of water to a boil.
3. Whisk in contents of package. Return to a boil.
4. Reduce heat and simmer uncovered for 8 minutes, stirring occasionally.
5. Let stand for 5 minutes. Season to taste.

THRIVE LIFE EXPRESS

There's no need to sacrifice the quality of your meals because of a shortage on time. Our Express meals combine nutritious freeze dried vegetables and tasty herbs and spices to bring your family a flavorful meal in a matter of minutes. So gather around, and taste the mouth-watering convenience of Thrive Life Express.

Nutrition Facts

4 servings per container
Serving size **3/4 cup (46g)**

Amount per serving
Calories **190**

% Daily Value*

Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 550mg	24%
Total Carbohydrate 28g	10%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 2mg	10%
Potassium 236mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: INSTANT PINTO BEANS, TOMATO POWDER, FOOD STARCH-MODIFIED, FREEZE DRIED SAUSAGE CRUMBLES COOKED NATURAL PORK* (PORK, SALT, SUGAR, SPICES), COOKED SEASONED GROUND BEEF PATTY CRUMBLE* (BEEF, LESS THAN 2% VEGETABLE PROTEIN (PEA PROTEIN ISOLATE, PEA PROTEIN), SALT, NATURAL FLAVORS, GRILL FLAVOR (NATURAL FLAVOR (FROM SUNFLOWER OIL, GUM ARABIC)), SPICE), SUGAR, BEEF BOUILLON (SALT MALTODEXTRIN, YEAST EXTRACT, NATURAL FLAVOR, ONION AND GARLIC POWDER, CARAMEL COLOR, DEHYDRATED CELERY AND CARROT POWDER, SPICE, LESS THAN 2% SUNFLOWER OIL ADDED TO PREVENT CAKING), ONION*, CHILI POWDER, GREEN CHILI PEPPERS*, GREEN BELL PEPPERS*, TOMATO DICES*, CUMIN, SALT, GREEN ONIONS*, CHIPOTLE POWDER.

*FREEZE DRIED

MINIMALLY PROCESSED, NO ARTIFICIAL INGREDIENTS.

Thrive Life, 691 South Auto Mall Drive, American Fork, Utah 84003



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