



Every THRIVE™ purchase helps reduce world hunger. Thriving Nations™ creates greater nutritional self-sufficiency around the world by teaching impoverished people how to diversify crops, increase food production, and create healthier dietary practices. Five percent of all THRIVE™ profits are donated to this cause.

THRIVE™



Buying and preparing quality food should be easy. With THRIVE™, it is! The THRIVE™ food line consists of convenient, versatile foods that are practical for daily cooking. Each product also has an extended shelf life, making THRIVE™ great for food storage. THRIVE™ foods are nutrient-rich and natural, so you can be confident you are providing your family with proper nutrition.

- T Grains
- H Vegetables
- R Fruits
- I Milk
- V Meat & Beans
- E Basics



Based on a trusted model.

Trusted Foods. A Trusted Standard. THRIVE™ provides high-quality, nutritious foods for both daily use and long-term storage.

CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.

Instant Refried Beans

Preparation Instructions:

Whisk 1 cup water into 1 ½ cups THRIVE Instant Refried Beans. Bring to a simmer for about 2 minutes to warm. Add ¼ tsp. salt and ¼ tsp. season salt to add flavor if desired. Makes 2 cups.

7 Layer Bean Dip

Ingredients:

- | | |
|---|---|
| 2 c. THRIVE Instant Refried Beans | 1 ½ c. sour cream |
| 1 ½ c. water | 1 pkg. taco seasoning mix |
| 1 ½ tsp. THRIVE Chef's Choice Seasoning Blend | 1 c. THRIVE Shredded Cheddar Cheese (FD), reconstituted |
| ¼ tsp. cumin | 1 can sliced black olives (3.8 oz) |
| ¼ tsp. chili powder | ½ c. THRIVE Tomato Dices (FD) |
| ½ lime, juiced | + 2 tbsp. water |
| 2 c. THRIVE Zesty Guacamole (FD) | ¼ c. THRIVE Green Onions (FD) |
| ½ c. + 2 tbsp. water | + 1 tbsp. water |
| | 1 tbsp. THRIVE Cilantro (FD) |

Combine refried beans, 1 ½ c. water, Chef's Choice, cumin, chili powder, and lime juice in a small saucepan and simmer for 2-3 minutes. Refrigerate until cool, then spread across bottom of 8x8 pan.

Mix guacamole and water until combined. Spread over refried beans. Mix taco seasoning into sour cream and spread over guacamole. Sprinkle remaining ingredients on top. Chill 30 minutes before serving if desired.

Find recipes, planning tools, and more at www.EatThrive.com

Instant Refried Beans

THRIVE™

PROTEINS



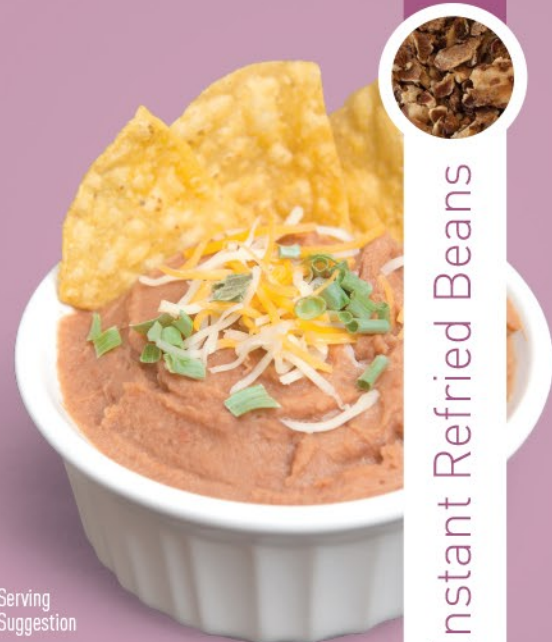
Instant Refried Beans

44

SERVINGS

Serving Suggestion

Net Wt 32.5 oz 2.0 lb (924 g)



THRIVE™ www.EatThrive.com

Instant Refried Beans

Nutrition Facts

Serving Size ¼ cup (21g)
Serving Per Container About 44

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 5g **20%**

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than:	65g	80g
Sat Fat	Less than:	20g	25g
Cholesterol	Less than:	300mg	300mg
Sodium	Less than:	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Proteins

Suggested Storage Amount:

Store at least 60 pounds of assorted proteins per adult per year.

Usage Suggestions:

THRIVE Instant Refried Beans give you the authentic taste of slow-cooked beans without the hassle. Made from Grade A pinto beans grown in the USA, they're ready in minutes—just add water, or toss in your favorite seasonings!

Shelf Life: 25 years

Best if used promptly upon opening. Product may retain freshness for 6-12 months after opening, if stored at optimal conditions.

INGREDIENTS: PINTO BEANS.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.



Distributed By:

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