



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

Onion Slices

Rehydration Instructions:

Add 3 tablespoons water to 1 cup THRIVE Onion Slices and stir to coat. Let sit 2-3 minutes until tender.

Chicken Fajita Mix

Ingredients:

- 3 c. THRIVE Seasoned Chicken Slices (FD)
- ½ c. THRIVE Onion Slices (FD)
- ¼ c. THRIVE Red Bell Peppers (FD)
- ¼ c. THRIVE Green Bell Peppers (FD)
- ¼ tsp. cumin
- 1 tsp. chili powder
- 2 tsp. THRIVE Chicken Bouillon
- 2 tbsp. THRIVE Cilantro (FD)
- 2 limes, juiced
- 1 tbsp. garlic, minced
- 1 tbsp. THRIVE Green Chili Peppers (FD)
- 1 tsp. THRIVE Chef's Choice Seasoning Blend
- 1 ½ c. water

Combine all ingredients and mix well. Refrigerate 20-25 minutes to marinate. Sauté mixture in a hot pan with oil until warmed through. Serve in tortillas with desired toppings. Makes 3 ½ cups.

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



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.

THRIVE™

PREMIUM FREEZE DRIED

VEGGIES



Onion Slices

FREEZE DRIED

45 SERVINGS



Net Wt 4.7 oz (0.29 lb) 135 g

FREEZE DRIED
Onion Slices

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ¼ cup (3g)
Serving Per Container About 45

Amount Per Serving

Calories 10 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 2g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 0g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 0%

*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

Vegetables

Suggested Storage Amount:

The USDA recommends 2-4 servings of fruits and vegetables per adult per day.

Usage Suggestions:

Add a burst of flavor and texture to any dish with THRIVE Onion Slices. These large slices of Grade A white onions are grown in the USA, and they're perfect for everything from stir fry to French onion soup to sautéing for burgers.

Shelf Life: 25 Years

Best if used promptly upon opening. Product may retain freshness for 3-6 months after opening, if stored at optimal conditions.

INGREDIENTS: WHITE ONION.

NON-GMO: NO BIOENGINEERED INGREDIENTS.

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



Distributed By:

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