



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.

Black Beans

Preparation Instructions:

To Soak: Clean and rinse beans before soaking. Soak beans overnight in four times their volume in water. To accelerate, use hot water and soak at room temperature for 3 hours.

To Cook: Drain and rinse soaked beans, then cook in salted water or stock for 2–3 hours or until tender.

Black Bean and Corn Salsa

(This is not a gluten-free recipe)

Ingredients:

- 1 ½ c. THRIVE™ Black Beans
- 2 ¾ c. water
- 1 c. THRIVE™ Sweet Corn (FD)
- ½ c. cilantro, chopped
- 1 c. THRIVE™ Green Chilies (FD)
- ½ tsp. cumin
- 1 c. THRIVE™ Red Bell Peppers (FD)
- 1 ½ tsp. THRIVE™ Iodized Salt
- ½ tsp. granulated garlic
- 1 c. THRIVE™ Diced Tomatoes (FD)
- 2 tbsp. Lime Juice
- 1 tbsp. THRIVE™ Tomato Powder
- 2 tbsp. Cholula hot sauce
- ¼ c. THRIVE™ Chopped Onions (FD)

Soak beans overnight. Cook beans in salted water for approximately 2 hours or until tender. Rinse and cool under cold water. Combine everything except beans in a bowl and allow to reconstitute for 15 minutes. Add beans and stir well; allow to rest in refrigerator for 2 hours before serving. Makes 12 servings.

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

Black Beans

THRIVE™

PROTEINS



Black Beans

47

SERVINGS



Net Wt 77.9 oz (4.8 lb) 2209g

Black Beans

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ¼ cup (47g)
Servings Per Container About 47

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 28g **9%**

Dietary Fiber 19g **74%**

Sugars 1g

Protein 11g

Vitamin A 0% • Vitamin C 0%

Calcium 5% • Iron 20%

*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 meats and beans per adult per year.

Usage Suggestions:

THRIVE™ Black Beans are perfect for use in Mexican dishes. They make great refried beans, burritos, and side entrees.

Shelf Life: 30 years

Best if used within 5 years of opening to maintain life sustaining nutritional value under optimal storage conditions.

Opened ___/___/___.

INGREDIENTS: BLACK BEANS.

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



Distributed By:

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