



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

Instant Red Beans

Preparation Instructions:

Bring 6 cups water to a boil, and add 2 cups beans. Cover and simmer for 15–20 minutes. Strain if desired, season and serve.

Red Beans & Rice

(This is not a gluten-free recipe)

Ingredients:

- | | |
|----------------------------------|---------------------------------------------|
| 1 ½ c. THRIVE™ Instant Red Beans | 2 medium onions, chopped |
| 2 lbs. spicy sausage | 1 c. THRIVE™ Mixed Bell Peppers, rehydrated |
| 2 bay leaves | 3 stalks celery |
| 3 cloves garlic, chopped | 1–1 ½ c. crushed tomatoes |
| ½ tsp. thyme | 1 tbsp. white vinegar |
| ¼ c. parsley | 1 tbsp. hot sauce |
| ½ tsp. cumin | 4 c. THRIVE™ Instant White Rice, prepared |
| 4 tbsp. oil | |

In a large pot, combine beans, sausage, bay leaves, garlic, thyme, parsley, and 4–5 cups of water and cook for 15–20 minutes. In a separate skillet sauté onions, peppers, celery, and cumin. Add tomatoes, vinegar and hot sauce to the pot and add the contents of the skillet to the large pot. Serve over prepared rice.

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™

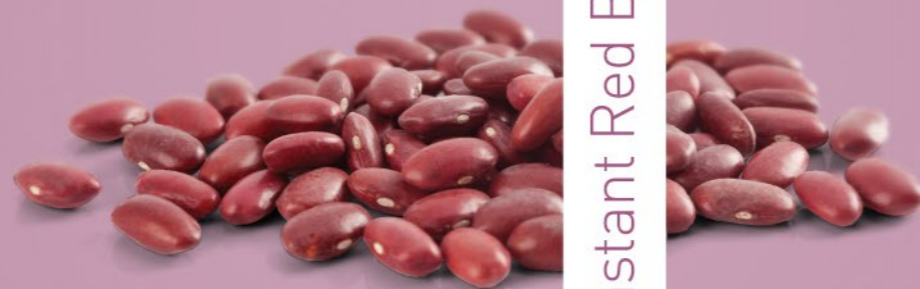
PROTEINS



Instant Red Beans

42

SERVINGS



Net Wt 48.8 oz (3.06 lb) 1386g

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ¼ cup (33g)
Servings Per Container 42

Amount Per Serving

Calories 110 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 22g **7%**

Dietary Fiber 7g **25%**

Sugars <1g

Protein 8g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*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™ Instant Red Beans are a wonderful addition to any soup, salad, or chili. Try them in Mexican or Creole dishes to add texture and flavor.

Shelf Life: 25 years

Best if used within 1 year of opening to maintain life sustaining nutritional value under optimal storage conditions.

Opened ____/____/____.

INGREDIENTS: RED BEANS.

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



Distributed By:

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www.ThriveLife.com



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