



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

Kidney 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.

Three Bean Salad

Ingredients:

- | | |
|---|-----------------------------|
| 1 c. THRIVE™ Kidney Beans | 1 tbsp. honey |
| 1 (15 oz.) can garbanzo beans, drained and rinsed | 2 tsp. THRIVE™ White Sugar |
| 2 c. THRIVE Green Beans (FD), reconstituted | ½ tsp. ground dry mustard |
| ¼ c. chopped red onion | ¼ tsp. garlic powder |
| ½ c. THRIVE Celery (FD) | ¼ tsp. THRIVE™ Iodized Salt |
| ½ c. cider vinegar | ¼ tsp. ground black pepper |
| ¼ c. vegetable oil | ¼ tsp. onion powder |

Rinse, soak, and cook kidney beans. In a bowl, gently mix all beans, red onion, and celery. In a separate bowl, whisk together remaining ingredients. Pour dressing over the salad and toss gently to coat. Cover and refrigerate at least 2 hours. Gently toss before serving.

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.

Kidney Beans

THRIVE™

PROTEINS



Kidney Beans

46

SERVINGS



Net Wt 74.6 oz (4.6 lb) 2116g

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ¼ cup (46g)
Servings Per Container About 46

Amount Per Serving

Calories 84 Calories from Fat 0

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 24mg **1%**

Total Carbohydrate 26g **8%**

Dietary Fiber 16g **67%**

Sugars 1g

Protein 10g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 9%

*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

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Proteins

Suggested Storage Amount:

Store at least 60 pounds of assorted meats and beans per adult per year.

Usage Suggestions:

Add nutrition to any meal with THRIVE™ Kidney Beans. Add them to soups or salads for added flavor and texture.

Shelf Life 30 years:

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

Opened ___/___/___.

INGREDIENTS: KIDNEY BEANS.

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



Distributed By:

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