

Beef Stew

Tender juicy chunks of beef, carrots, celery, potatoes, onions and peas in a rich sauce make for one of the heartiest beef stews around. WHITE CALL DO NOT THE

Soups, Chowders, Chilis

UPC: 730516920188

INGREDIENTS:

BEEF STOCK (water, roasted beef, salt, sugar, dextrose, corn oil, beef stock, dried whey [milk], maltodextrin, caramel color, natural flavoring), COOKED SEASONED BEEF (beef, adobo seasoning [salt, granulated garlic, oregano, black pepper, turmeric], sea salt, sugar, onion powder, spices, paprika), POTATO, ONION, CARROT, CELERY, GREEN PEAS, CANOLA OIL, MODIFIED FOOD STARCH, WHITE WINE (wine, salt), FLOUR (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), SPICES, WORCESTERSHIRE SAUCE (water, vinegar, tamari [water, soybeans, salt], sugar, salt, garlic powder, onion powder, spices), GRANULATED GARLIC, CARAMEL COLOR, ROSEMARY.

CONTAINS:

Milk, Soy, and Wheat. Contains wine which has naturally occurring sulfites.



Cooking Instructions:

Heat soup until it reaches a uniform 165°F. Hold product at 145°F or above.



Handling: Keep frozen. Thaw under refrigeration.



18 months from manufacture date, frozen. Once thawed use within 21 days.

Serving size	1 cup (245g
Amount per serving Calories	240
200	% Daily Value
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1260mg	55%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 1g Added Su	ugars 3%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 3.2mg	20%
Potassium 180mg	49

general nutrition advice.



PLENUS GROUP INC.

PGIFOODS.COM A: Plenus Group Inc. 101 Phoenix Ave., Lowell, MA 01852 T: 978.970.3832 F: 978.441.2528 E: sales@plenus-group.com