



SEASONED BEEF FOR TACOS

Our Seasoned Beef for Tacos is simmered in a hearty tomato puree and seasoned with a traditional blend of spices to create that authentic taco flavor. Convenient and ready in minutes, its great on its own or incorporated into another dish such as spaghetti, tacos, empanadas, enchiladas, and more.

15g
OF PROTEIN
PER SERVING

**GLUTEN
FREE**

**HEAT & EAT
5
MINUTES IN
MICROWAVE**

INGREDIENTS

Beef, Crushed Tomatoes in puree (Crushed Tomatoes, Tomato Puree, Salt, Citric Acid, Calcium Chloride), Water, Pea Protein and outer pea fibers, Seasoning (Paprika, Chili Pepper, Red Pepper, Garlic, Salt, Spices), Salt, Sugar, Onion Powder, Spice, Garlic Powder.

NUTRITION FACTS

About 5 servings per container

Serving Size: 3 oz (85g)

Amount per Serving

CALORIES 150

% Daily Value*

Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 510mg	22%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 186mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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COOKING INSTRUCTIONS

MICROWAVE

1. Remove plastic overwrap and paper sleeve.
2. In microwave safe tray/plate heat on high for 1.5 minutes, rotate the pouch 1/2 turn, puncture 2 small holes in the pouch, and cover with a paper towel.
3. Heat on high an additional 1.5 minutes until center is hot (165°F). Let stand for 2 minutes.
4. Open pouch carefully and empty contents into serving tray.

Note: Microwave ovens vary in rates of heating. Times given are approximate.

STOVETOP

1. Heat a small sauce pot over medium heat. Remove sleeve. Empty Seasoned Beef from pouch and place in pot.
2. Cover and heat until boiling, about 6-8 minutes or until core temperature reaches a minimum 165°F, stirring occasionally.
3. Serve and enjoy.