



INGREDIENTS

Water, Pinto Beans, Onion, Smoked boneless pork shoulder picnic (pork, water, salt, sugar, sodium phosphate, sodium nitrite), Tomato, Chicken broth base (dextrose, salt, chicken broth, chicken fat, onion powder, natural flavoring, canola oil, turmeric & organic caramel color), Cilantro, Garlic powder, Canola oil, Jalapeno pepper, Spice.

NUTRITION FACTS

About 4 servings per container

Serving Size: 1/2 Cup (130g)

Amount per Serving

	90	% Daily Value*
Total Fat 1g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 550mg		24%
Total Carbohydrate 15g		5%
Dietary Fiber 3g		11%
Total Sugars 2g		
Includes 1g Added Sugars		2%
Protein 6g		
Vitamin D 0mcg		0%
Calcium 30mg		2%
Iron 1mg		6%
Potassium 309mg		6%

*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

FRIJOLES RANCHEROS

Frijoles Rancheros are a delectable Mexican dish that comes from the highlands around Guadalajara. Our Frijoles Rancheros are made like the traditional Mexican recipe has been done through generations; slowly simmered pinto beans with onion, smoked pork, tomatoes, cilantro and jalapeño peppers. A simple, and ready-in-minutes, authentic dish.

HEAT & EAT
7
MINUTES IN
MICROWAVE

GLUTEN
FREE

0g
TRANS FAT
PER SERVING

COOKING INSTRUCTIONS

MICROWAVE

1. Heat on high for 2 minutes 30 seconds, and then rotate the bag half turn.
2. Puncture 4-small holes in bag. Cover with paper towel. Continue to heat for 2 minutes 30 seconds more until center reaches 165°F. Then let stand for 2 minutes.
3. Open bag carefully, and empty contents into serving tray.

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

STOVETOP

1. Place tap water in a pot (enough to cover product). Pre-heat water at 180°F (water should not boil).
2. Place product inside the pot. Heat up for about 45 minutes or until 165°F core temperature.
3. When ready to serve, open the bag with caution and enjoy.