



Hearty Bean Stew

Vegan, gluten-free, lactose-free

Simple, hearty, good! Use this wonderfully practical dry mix to conjure up a deliciously spicy bean stew in no time at all, which is good for the heart and soul and tastes as delicious as it did back in the day. Classic ingredients such as white beans, delicious potatoes and fine carrots, rounded off with a little sunflower oil and aromatic herbs, make a complete, balanced meal. If you like, you can also enjoy this bean stew with fresh bread, sausages or some bacon. Bon appetit!

Preparation: Stir 60 g dry mix (approx. 3-4 heaped tablespoons) per portion into 360 ml cold water with a whisk. Bring to the boil while stirring, then cover and cook on a low heat for 20-25 minutes. Stir occasionally.

Ingredients: 30 % White Beans, Potato Flakes, Isomaltulose*, Seasoning, Sunflower Oil, Vegetable Powder (Onions, Corn), Citrus Fibre, Vegetables (Roasted Onions (Onion, Palm Oil, Buckwheat Flour, Table Salt), Carrots), Natural Flavouring, Sea Salt, Spices, Inulin, Herbs, thickening agent: Guar Gum

*Isomaltulose is a source of glucose and fructose

| Average nutritional values | per portion (= 60 g dry mix) | per 100 g dry mix |
|----------------------------------|------------------------------|-------------------|
| Calorific content | 796 kJ/188 kcal | 1326 kJ/314 kcal |
| Fat | 2.3 g | 3.8 g |
| - of which saturated fatty acids | 0.4 g | 0.7 g |
| Carbohydrates | 34.1 g | 56.8 g |
| - of which sugars | 8.8 g | 14.6 g |
| Dietary fibres | 6.2 g | 10.4 g |
| Protein | 4.9 g | 8.1 g |
| Salt | 4.0 g | 6.7 g |

Close properly and store in a dry place.

Made in Germany

Contents: 600 g produces 10 portions of stew

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