



Stovetop **Mixing** Instructions

Soups

- :: Chicken and Wild Rice
- :: Chicken Noodle
- :: Beef Vegetable Stew

Empty contents of packet into saucepan/ pot, add 1 cup (8 oz.) of cold water, and stir. On medium heat, bring water to a boil and maintain for about 4 minutes. Let sit covered for about 3 minutes.

Minestrone

Empty contents of packet in to saucepan/ pot, add 1/2 cup (4 oz.) of cold water, and stir. On medium heat, bring water to a boil and maintain for about 4 minutes. Let sit covered for about 3 minutes.

Oatmeal

Empty contents of packet in to saucepan/ pot, add 3/4 cup (6 oz.) of cold water, and stir. On low heat, bring water to a boil for about 3 minutes.

Creamy Soups

- :: Cream of Chicken
- :: Cream of Broccoli
- :: Cream of Tomato

Empty contents of packet into saucepan/ pot, add 1 cup (8 oz.) of cold water, and stir. On medium heat, bring water to a boil and maintain for about 4 minutes. Let sit covered for about 3 minutes.

Chili

Add 1/2 cup (4 oz.) of cold water into saucepan/ pot, empty contents of packet, and stir. On medium-low heat, bring water to a boil for about 3 minutes. Let sit covered for about 3 minutes.

Hot Drinks

Empty contents of packet in to saucepan/ pot, add 3/4–1 cup (6–8 oz.) of cold water, and stir. On low heat, bring water to a boil for about 4 minutes or until desired temperature.



Microwave Mixing Instructions

Soups

- :: Chicken and Wild Rice
- :: Chicken Noodle
- :: Beef Vegetable Stew

1. Empty contents of 1 packet into a deep microwave safe bowl and add 1 cup cold water; stir.
2. Microwave high for 2 1/2 minutes.
3. Let stand 1 minute and stir.
4. Microwave again for 1 minute (watching it doesn't boil over).

Fast Soups

- :: Savory Beef
- :: Delicate Chicken
- :: Robust Tomato

1. Empty contents of 1 packet into a mug or large cup and add 6 oz. of water.
2. Microwave high for 2 minutes or until boiling.
3. Stir, and let stand 1 minute.

Creamy Soups

- :: Cream of Chicken
- :: Cream of Broccoli
- :: Cream of Tomato

1. Empty contents of 1 packet into cup or bowl.
2. Add 3/4–1 cup (6–8 oz.) hot water; stir.
(Do not use boiling water)
3. Let stand 1 minute.

Minestrone

1. Empty contents of 1 packet into a deep microwave safe bowl and add 1/2 cup cold water; stir.
2. Microwave high for 2 1/2 minutes.
3. Let stand 1 minute and stir.
4. Microwave again for 1 minute (watching it doesn't boil over).
5. Take out of microwave and put a lid or plate over the top and let sit for 3–5 minutes before enjoying.
(The steam will cook it the rest of the way.)

Microwave Mixing Instructions

Chili

1. Measure 1/2 cup (4 oz.) of cold water and pour into a microwave safe container or bowl.
2. Empty chili packet and stir.
3. Microwave on high for 2 1/2 minutes.
4. Let stand for 1 minute or so and stir again.
(Add any additional seasoning you require.)
5. Microwave for 1 minute. Let stand for desired thickness.

Oatmeal

- :: Apple Cinnamon
 - :: French Vanilla Berry
 - :: Maple & Brown Sugar
 - :: Peach
1. Empty contents of 1 packet into a microwave safe bowl.
 2. Add 1/2–3/4 cup (4–6 oz.) cold water.
 3. Microwave on high 1 1/2–2 minutes, or until it starts to boil. Let stand for desired thickness.

Hot Drinks

1. Empty contents of 1 packet into cup or mug.
2. Add 3/4-1 cup (6-8 oz.) COLD water, stir.
3. Let stand 1 minute and stir.
4. Microwave 1 minute or until desired temperate; stir.



Cold Mixing Instructions

Shakes & Iced Teas

1. put 8-10 oz of water into a shaker jar or blender
2. add contents of one packet and ice if desired
3. shake or blend on low speed for 20-30 seconds

Fruit Drinks

1. pour 8 oz of cold water into a glass
2. add contents of one packet slowly
3. stir until blended
4. service over ice if desired

Puddings

1. pour 4 oz (half a cup) of cold water into a bowl
2. add the contents of one pudding packet
3. using a whisk, mix for 1 minute or until well mixed
4. refrigerate for 15-30 minutes