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Our Creamy Beef & Noodles was crafted with beef lovers in mind. Formulated in-house with Thrive Life Onions, Mushroom Pieces, and Ground Beef, it's sure to satisfy!

COOKING DIRECTIONS

1. Open Package. REMOVE AND DISCARD OXYGEN ABSORBER.
2. Bring 3½ cups of water to a boil.
3. Whisk in contents of package. Return to a boil.
4. Reduce heat and simmer uncovered for 7-8 minutes, stirring occasionally.
5. Let stand for 5 minutes. Season to taste.

THRIVE LIFE EXPRESS

There's no need to sacrifice the quality of your meals because of a shortage on time. Our Express meals combine nutritious freeze dried vegetables and tasty herbs and spices to bring your family a flavorful meal in a matter of minutes. So gather around, and taste the mouth-watering convenience of Thrive Life Express.

Nutrition Facts

4 servings per container

Serving size ¾ cup, dry (56g)

(About 1 cup prepared)

Amount per serving
Calories **240**

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 510mg	22%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 70mg	2%

*The % Daily Value (DV) 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.

INGREDIENTS: CURLY RIBBON PASTA (DURUM WHEAT SEMOLINA [ENRICHED WITH IRON {FERROUS SULFATE}, AND B VITAMINS {NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID}], ESPAGNOLE (FOOD STARCH-MODIFIED, SALT, POTATO STARCH, SWEET CREAM, MALTODEXTRIN, YEAST EXTRACT, TOMATO POWDER, SUGAR, NONFAT MILK SOLIDS, POWDERED COOKED BEEF, BEEF FAT, DEXTROSE, GARLIC POWDER, CARAMEL COLOR, BEEF EXTRACT, NATURAL FLAVOR, GUAR GUM, ONION POWDER, SPICES, XANTHAN GUM, SODIUM CASEINATE, SODIUM PHOSPHATE, SILICON DIOXIDE (ANTICAKING AGENT), LACTIC ACID, CALCIUM LACTATE, ANNATTO COLOR), SOUR CREAM POWDER (CREAM, CULTURES & LACTIC ACID, CULTURED NONFAT MILK SOLIDS, AND CITRIC ACID), FREEZE DRIED COOKED SEASONED GROUND BEEF PATTY CRUMBLE (BEEF, WATER, LESS THAN 2% VEGETABLE PROTEIN (PEA PROTEIN ISOLATE, PEA PROTEIN), SALT, NATURAL FLAVORS, GRILL FLAVOR (NATURAL FLAVOR [FROM SUNFLOWER OIL, GUM ARABIC]), SPICE), CREAM POWDER (CREAM, NONFAT DRY MILK, TOCOPHEROLS, AND ASCORBYL PALMITATE), MUSHROOMS, FOOD STARCH-MODIFIED, ONIONS, BUTTER POWDER (BUTTER [SWEET CREAM, SALT, ANNATTO COLOR], NONFAT MILK SOLIDS, SODIUM CASEINATE AND DISODIUM PHOSPHATE), GRANULATED GARLIC, RED WINE POWDER (GLUCOSE SYRUP, SOLID RED WINE), PEPPERCORN BLEND (SPICES, RED AND GREEN DEHYDRATED BELL PEPPER, AND LESS THAN 2% SUNFLOWER OIL TO PREVENT CAKING), DILL, PARSLEY, CHIVES, ROSEMARY EXTRACT.

CONTAINS: MILK AND WHEAT.

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5829