



Every THRIVE™ purchase helps reduce world hunger. Thriving Nations™ creates greater nutritional self-sufficiency around the world by teaching impoverished people how to diversify crops, increase food production, and create healthier dietary practices. Five percent of all THRIVE™ profits are donated to this cause.

THRIVE™



Buying and preparing quality food should be easy. With THRIVE™, it is! The THRIVE™ food line consists of convenient, versatile foods that are practical for daily cooking. Each product also has an extended shelf life, making THRIVE™ great for food storage. THRIVE™ foods are nutrient-rich and natural, so you can be confident you are providing your family with proper nutrition.

- T** Grains
- H** Vegetables
- R** Fruits
- I** Milk
- V** Meat & Beans
- E** Basics

## Vegetarian Beef Bouillon

### Preparation Instructions:

Mix 1 teaspoon bouillon into 1 cup of hot water for 1 cup of broth.

### Brown Gravy

(This is not a gluten-free recipe)

#### Ingredients:

2 tsp. garlic, minced	4 sprigs thyme
1 tbsp. olive oil	½ tsp. Worcestershire sauce
¼ c. THRIVE™ Chopped Onions	½ tsp. season salt
¼ c. red wine	½ tsp. pepper
2 tbsp. THRIVE™ Beef Bouillon	¼ c. water
2 tbsp. THRIVE™ Tomato Powder	5 tbsp. THRIVE™ Flour
½ sprig rosemary	4 tbsp. butter

In a medium saucepan, sweat garlic with olive oil until golden brown. Add onions and stir well. Deglaze pan quickly with red wine and allow to reduce by half. Add remaining ingredients except flour and butter and simmer for 10 minutes. Melt butter in a small skillet, add flour, and cook together until brown in color. Allow to cool and whisk into gravy to thicken. Simmer gravy for 3–4 more minutes and pour through a strainer before serving. Makes 6 servings.

Find recipes, planning tools, and more at [www.EatThrive.com](http://www.EatThrive.com)



#### Based on a trusted model.

Trusted Foods. A Trusted Standard. THRIVE™ provides high-quality, nutritious foods for both daily use and long-term storage.

CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.

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BASICS



Vegetarian Beef Bouillon

575 SERVINGS



Serving Suggestion

Net Wt 60.84 oz (3.8 lb) 1725 g

THRIVE™ [www.EatThrive.com](http://www.EatThrive.com)

## Nutrition Facts

Serving Size 1 tsp (3g)  
Servings Per Container About 575

### Amount Per Serving

Calories 5      Calories from Fat 0

**Total Fat** 0g      **% Daily Value\*** 0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 530mg      22%

**Total Carbohydrate** 1g      0%

Dietary Fiber 0g      0%

Sugars 0g

**Protein** 0g

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than:	65g	80g
Sat Fat	Less than:	20g	25g
Cholesterol	Less than:	300mg	300mg
Sodium	Less than:	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Basics

### Suggested Storage Amount:

Store a variety of cooking basics, including 60 pounds of sugar, 5 pounds of salt, and 10 pounds of cooking oil per adult per year.

### Usage Suggestions:

Add some flavor to your diet with THRIVE™ Vegetarian Beef Bouillon. Make steaming soups and thick gravies in less time while maintaining the amazing flavor your family loves.

### Shelf Life: 5 Years

Best if used within 1 year of opening to maintain life sustaining nutritional value under optimal storage conditions.

Opened \_\_\_\_/\_\_\_\_/\_\_\_\_.

### NON-GMO: NO BIODENGEERED INGREDIENTS.

INGREDIENTS: SALT, MALTODEXTRIN, YEAST EXTRACT, NATURAL FLAVOR, ONION POWDER, GARLIC POWDER, CARAMEL COLOR, CELERY POWDER, CARROT POWDER, SPICE, LESS THAN 2% SUNFLOWER OIL TO PREVENT CAKING.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.



### Distributed By:

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