



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



**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.

### Beef TVP

**Preparation Instructions:**

Soak THRIVE™ Beef Textured Vegetable Protein in hot water for 5–10 minutes. Add the beef TVP into your recipe to partially or completely replace beef. For enhanced flavor, rehydrate THRIVE™ Beef Textured Vegetable Protein in beef stock made with THRIVE™ Beef Bouillon instead of water.

### Beef Enchilada Bake

**Ingredients:**

- 1 c. THRIVE™ Beef TVP
- 1 c. boiling water
- 1 can (10 ¾ oz.) condensed tomato soup
- 1 c. salsa
- 1 c. THRIVE™ Sweet Corn (FD), rehydrated
- 6–8 corn tortillas, cut into 1-inch squares
- 1 c. THRIVE™ Shredded Cheddar Cheese (FD), rehydrated

Combine TVP and water in a microwave safe dish. Microwave on high for 6–10 minutes; let stand for 5 minutes. In a large skillet, combine beef TVP, tomato soup, salsa, corn, and tortillas; heat through. Transfer to a 2 ½ quarts baking dish and top with cheese.

Bake at 350°F for 15 minutes or until cheese is bubbly. Top with a dollop of sour cream and sliced olives if desired. Makes 5–6 servings.

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

Beef Textured Vegetable Protein

THRIVE™

PROTEINS



Beef

Textured Vegetable Protein

46  
SERVINGS



Serving Suggestion

Net Wt 40.5 oz (2.53 lb) 1150 g

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

### Nutrition Facts

Serving Size ¼ cup (25g)  
Servings Per Container About 46

**Amount Per Serving**

Calories 90    Calories from Fat 35

**% Daily Value\***

**Total Fat** 4g    **6%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 460mg    **19%**

**Total Carbohydrate** 7g    **2%**

Dietary Fiber 3g    **13%**

Sugars 2g

**Protein** 10g

Vitamin A 0%    •    Vitamin C 0%

Calcium 6%    •    Iron 10%

\*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

### Proteins

**Suggested Storage Amount:**

Store at least 60 pounds of assorted meats and beans per adult per year.

**Usage Suggestions:**

THRIVE Beef Textured Vegetable Protein will add taste and nutrition to your meals without the mess! Use these crumbly bits to replace the ground beef in spaghetti sauce, chili, casseroles, and all your favorite homemade meals.

**Shelf Life: 10 Years**

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

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

**INGREDIENTS:** TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR), SOYBEAN OIL, SALT, HYDROLYZED SOY PROTEIN, AUTOLYZED YEAST.

**CONTAINS: SOY.**

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



**Distributed By:**

Thrive Life®  
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