



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

Small Red Beans

Preparation Instructions:

To Soak: Clean and rinse beans before soaking. Soak beans overnight in four times their volume in water. To accelerate, use hot water and soak at room temperature for 3 hours.

To Cook: Drain and rinse soaked beans, then cook in salted water or stock for 2–3 hours or until tender.

Cheesy Beans & Rice

Ingredients:

1 c. THRIVE™ White Rice ½ c. shredded cheddar cheese
 1 c. THRIVE™ Small Red Beans 1 onion, chopped
 1 (14.5 oz.) can diced tomatoes 1 tbsp. oil
 ½ tsp. THRIVE™ Iodized Salt

Prepare beans according to directions above; cool and set aside. Cook rice according to package directions. Combine with beans. In a nonstick skillet, sauté onion in oil for 5 minutes. Stir in the tomatoes and salt. Bring to a boil and set aside. In a 2 quart baking dish coated with nonstick cooking spray, layer a third of the rice mixture, then cheese, then tomato mixture. Repeat layers. For final layer, top with the remaining rice mixture and tomato mixture. Sprinkle remaining cheese on top. Bake at 350 °F for 30 minutes or until heated through. Makes 4 servings.

Find recipes, planning tools, and more at 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.

Small Red Beans

THRIVE™

PROTEINS



Small Red Beans

46

SERVINGS

Net Wt 71.3 oz (4.46 lb) 2024g

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ¼ Cup (44g)
 Servings Per Container About 46

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 28g **9%**

Dietary Fiber 20g **78%**

Sugars 1g

Protein 10g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 20%

*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™ Small Red Beans are a wonderful addition to any soup, salad, or chili. Try them in Mexican or Creole dishes to add texture and flavor.

Shelf Life 30 years:

Best if used within 5 years of opening to maintain life sustaining nutritional value under optimal storage conditions. Opened ____/____/____.

INGREDIENTS: SMALL RED BEANS

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



Distributed By:

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 American Fork, Utah 84003
www.ThriveLife.com



USDA 5098

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