



SAVOR THE ADVENTURE™

Wherever your adventure takes you, Mountain House will be there with hot, delicious meals that are easy to prepare and enjoy within minutes!

Our durable, lightweight pouches are easy to pack and carry. Convenient just-add-water prep in the pouch means that you have more time to do what you love, without the hassles of cooking and cleanup. Dozens of classic recipes give you the variety and comfort you crave as you set out in the morning or at the end of a long day.

How do we do it? We use only the highest quality ingredients and cook our meals the old-fashioned way, allowing the flavors to blend naturally. The result is home-cooked flavor, no matter where you are.

For over 45 years, Mountain House has been the trusted brand of outdoor enthusiasts.

Savor the adventure™!

Nutrition Facts

Serving Size 1 cup (57g) dry mix
(Makes 1 cup prepared)
Servings Per Container About 2.5

Amount Per Serving
Calories 260 Calories from Fat 100

	% Daily Value*
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 800mg	33%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 11g	22%

Vitamin A 4% • Vitamin C 2%
Calcium 8% • Iron 6%

*Percent Daily Values (DV) 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 Carb.	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

INGREDIENTS:

Beef Stroganoff: Cooked Beef (beef, flavoring, salt) • Sour Cream (cultured cream, milk, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum) • Mushrooms • Modified Corn Starch • Corn Oil with Spice Extract • Nonfat Dry Milk • Dehydrated Onions
Less than 2% of: Hydrolyzed Vegetable Protein (corn, yeast, wheat gluten, soy protein, soybean oil) • Lemon Juice Concentrate & Lemon Oil • Sea Salt • Beef Flavor (beef stock, maltodextrin, salt) • Molasses • Spices • Garlic Powder

Precooked Noodles: Durum (wheat) Semolina • Whole Eggs • Salt

Contains: Milk, Soy, Wheat, Egg



MOUNTAIN HOUSE is a division of
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Preparation instructions

1. Open package at tear notch. Remove and discard oxygen absorber*.
2. Carefully add 2 Cup(s) boiling water.
3. Stir carefully and close zipper. Optional: After 4 minutes stir again.
4. Let stand 8-9 minutes. Stir and enjoy right out of the pouch!



*If you forget to remove oxygen absorber before adding water, don't worry. Your food is still safe to eat. Simply remove and discard absorber.

Serving sizes are based on USDA/FDA 'Reference Amounts Customarily Consumed' and are for comparison purposes. Your mileage will vary based on your metabolism and activity level. We recommend determining your caloric needs and basing your purchasing decisions on calories rather than 'servings'.

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