



33
SERVINGS



SHELF LIFE UP TO
10 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Creamy Potato Soup Mix

Nutrition Facts	
Serving Size: 1/3 Cup (49g dry)	
Servings Per Container: 33	
Amount Per Serving	
Calories 200 Calories from Fat 70	
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1010mg	42%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 3g	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	Iron 4%
*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
Calories per gram: Fat 9 • Carbs 4 • Protein 4	

00212-121714

SERVINGS	SOUP MIX	WATER
2	2/3 cup	2 1/4 cups
4	1 1/3 cups	4 1/2 cups
6	2 cups	6 1/2 cups

DIRECTIONS:

1. Whisk soup mix into boiling water.
2. Simmer on low heat for 20 to 25 minutes.
3. Stir frequently.

For a thicker soup, lower water by 1/4 cup.

INGREDIENTS: Creamer (maltodextrin, palm oil), enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), potato dices, chicken bouillon (chicken soup base [corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide], salt, sugar, yeast extract, sweet whey, turmeric, garlic powder, caramel color, dehydrated onion), onion chopped, onion powder, parsley flakes.

Contains allergens: Wheat, milk and soy.

1-800-878-0099

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SHELF LIFE UP TO
25 YEARS

Certified



Gluten free

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FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Vegetable Stew Blend

Nutrition Facts

Serving Size: 1/4 cup (23g dry)
Servings Per Container: 40

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	50mg		2%
Total Carbohydrate	18g		6%
Dietary Fiber	2g		8%
Sugars	5g		
Protein	2g		
Vitamin A	50%	Vitamin C	70%
Calcium	6%	Iron	4%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

Servings	Stew Mix	Water
2	1/2 cup	2 cups
4	1 cup	4 cups
6	1 1/2 cups	6 cups

DIRECTIONS:

1. Add stew mix to cold water.
2. Slowly bring to boil, stirring frequently.
3. Simmer until vegetables are tender, 15-20 minutes, stirring occasionally.
4. Season to taste. (May add bouillon, tomato, and meat.)

INGREDIENTS: Potato dices, cabbage flakes, chopped onion, carrot dices, celery slices, red and green bell peppers.

00223-112114

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Southwest Chili Mix

Nutrition Facts	
Serving Size: 1/3 Cup (49g dry)	
Servings Per Container: 34	
Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 950mg	40%
Total Carbohydrate 31g	10%
Dietary Fiber 8g	34%
Sugars 4g	
Protein 8g	
Vitamin A 10%	Vitamin C 60%
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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbs 4 Protein 4	

00214-011315

SERVINGS	CHILI MIX	WATER	SPICES
2	2/3 cup	2 1/4 cups	2 rounded tbsps
4	1 1/3 cups	4 1/2 cups	1/4 rounded cup
6	2 cups	6 1/2 cups	1/2 rounded cup

DIRECTIONS:

1. Whisk chili mix and spices into boiling water.
2. Simmer on low heat for 12-15 minutes.
3. Stir frequently.

For a thicker chili, reduce water by 1/4 cup.

INGREDIENTS: Pinto beans, red beans (small precooked), modified food starch, chopped onion, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), red and green bell peppers, dehydrated tomato paste, salt, chili pepper powder, sugar, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), xanthan gum, garlic powder, cumin, and caramel color.

Contains allergen: Soy.

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Soup Mix Cheesy Broccoli

Nutrition Facts	
Serving Size: 1/3 Cup (46g dry)	
Servings Per Container: 33	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 980mg	41%
Total Carbohydrate 28g	9%
Dietary Fiber less than 1g	3%
Sugars 8g	
Protein 4g	
Vitamin A 2%	Vitamin C 50%
Calcium 10%	Iron 4%
*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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbs 4 Protein 4	

90646-011215

SERVINGS	SOUP MIX	WATER
2	2/3 cup	2 1/4 cups
4	1 1/3 cups	4 1/2 cups
6	2 cups	6 1/2 cups

DIRECTIONS:

1. Whisk soup mix into boiling water.
2. Simmer on low heat for 12 to 15 minutes.
3. Stir frequently.

For a thicker soup, lower water by 1/4 cup.

INGREDIENTS: Creamer (maltodextrin, palm oil), cheese base (whey, buttermilk solids, cheeses [granular and cheddar {pasteurized milk, cheese culture, salt, enzymes}], whey protein concentrate, salt, sodium phosphate, citric acid, FD&C Yellow #5, FD&C Yellow #6, lactic acid, enzyme), modified food starch, broccoli, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), maltodextrin, chopped onion, celery, salt, yeast extract, onion powder, parsley flakes, sweet whey.

Contains allergens: Milk, wheat and soy.

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FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Cream of Chicken Soup Mix

Nutrition Facts	
Serving Size: 1/3 Cup (46g dry)	
Servings Per Container: 32	
Amount Per Serving	
Calories 200 Calories from Fat 90	
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 860mg	36%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	
Vitamin A 15%	Vitamin C 4%
Calcium 2%	Iron 2%
*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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbs 4 Protein 4	

90829-121714

SERVINGS	SOUP MIX	WATER
2	2/3 cup	2 1/4 cups
4	1 1/3 cups	4 1/2 cups
6	2 cups	6 1/2 cups

DIRECTIONS:

1. Whisk soup mix into boiling water.
2. Simmer on low heat for 12 to 15 minutes.
3. Stir frequently.

(For a thicker soup, lower water by 1/4 cup.)

INGREDIENTS: Creamer (maltodextrin, palm oil), modified food starch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), chopped onion, chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide [anticaking agent]), celery slices, carrot dices, salt, onion powder, yeast extract, parsley flakes.

Contains allergens: Soy and milk.

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FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Hearty Vegetable Beef Soup Mix

Nutrition Facts

Serving Size: 1/3 Cup (58g dry)
Servings Per Container: 21

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories	170		
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	1200mg	50%	
Total Carbohydrate	39g	13%	
Dietary Fiber	5g	21%	
Sugars	4g		
Protein	7g		
Vitamin A	110%	Vitamin C	10%
Calcium	2%	Iron	40%
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

90835-121714

DIRECTIONS:

Yield: 6 Servings

1. Place 8 cups of water in pan and bring to boil.
2. Add 2 cups soup mix and spices (about 2 Tablespoons of bouillon package).
3. Boil for 3-5 minutes.
4. Simmer on low heat for 25 minutes or until vegetables are soft.

INGREDIENTS: Long grain white rice, lentils, elbow macaroni (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), beef bouillon (beef base [salt, hydrolyzed soy protein {including partially hydrogenated soybean oil}, sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide], salt, yeast extract, sugar, caramel color, dehydrated onion, garlic powder), carrot dices, celery slices, chopped onion.

Contains allergens: Wheat and soy.

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