

PROCEEDS FROM THE SALE OF THIS PRODUCT ARE USED TO PROVIDE MEALS TO THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY.

MUTTON STEW

RECIPE SUGGESTION:

Add cooked mutton pieces to enhance flavour. Some fresh cooked potatoes will also go well in your pot.

PREPARATION GUIDE:

~ MEAL FOR 4 ~

Boil beans until soft.
Cook all ingredients with approx. 6.8 cups (1.7 L) boiling water. Cook until the rice is cooked to your liking.
STIR WHILE COOKING.

NUTRITIONAL INFO

TOTAL (g)
Serving / 100

Energy (kJ)	1146	1030
Protein (g)	14	13
Carbohydrates (g)	53	47
<i>of which total sugar (g)</i>	2	2
Total Fat	0.7	0.6
<i>of which total Saturated Fat</i>	0.2	0.2
Dietary Fibre (g)	6	5.5
Sodium (g)	0.4	0.4
Cholesterol (mg)	0.3	0.3
Potassium (mg)	180	161



INGREDIENTS:

Soy, Beans & Pulses,
Rice, Flavourings,
Spices, Dehydrated
Vegetables.

Allergens: Soy, Gluten.

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