

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

TOMATO BREDIE

RECIPE SUGGESTION:

Add a tin of mixed tomato and onion to increase volume and a fresh flavour. A few cooked potatoes and some cooked beef will go well in this dish.

PREPARATION GUIDE:

~ MEAL FOR 4 ~

Boil the beans until soft. Cook all ingredients with approx. 6 cups (1.5 L) boiling water. Cook until the rice is cooked to your liking. **STIR WHILE COOKING.**

NUTRITIONAL INFO

**TOTAL (g)
Serving / 100**

Energy (kJ)	1220	1190
Protein (g)	12.5	12.2
Carbohydrates (g)	59	57.5
<i>of which total sugar (g)</i>	9.7	9.5
Total Fat	0.7	0.7
<i>of which total Saturated Fat</i>	0.2	0.2
Dietary Fibre (g)	3.6	3.5
Sodium (g)	0.1	0.1
Cholesterol (mg)	0.6	0.6
Potassium (mg)	90	88



INGREDIENTS:

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

Allergens: Soy, Gluten.

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