

**INGREDIENTS:** Beef, Cooked Kidney Beans, Onions, Tomatoes in Juice (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Water, Tomato Puree (Water, Tomato Paste, [Tomatoes, Citric Acid]), Celery, Green Bell Pepper, Corn Oil, Seasoning (Spices, Salt, Dehydrated Onion, Garlic Powder, Paprika, Extractives of Paprika), Salt, Garlic (Garlic, Citric Acid), Banana Peppers (Banana Peppers, Water, Vinegar, Salt, Oleoresin Turmeric, Calcium Chloride), Spice.

**ALLERGENS:** CONTAINS: NO KNOWN ALLERGENS

**COOKING METHOD:** Microwave, Boil

NUTRITION INFO

Serving Size	1 CUP
Calories	310
Calories from Fat	160
Total Fat	18g
Saturated Fat	7g
Cholesterol	50mg
Total Carbohydrate	19g
Dietary Fiber	7g
Sugars	4g
Added Sugar	3g
Protein	18g
Sodium	800mg
Potassium	290mg