



BLACK BEANS



NET WT 15 OZ (425g)

Serving Suggestions

Discover the delicious possibilities of Mrs. Grimes® beans! Use our beans in soups, stews, salads and dips or make a tasty sauce to pour over chicken and meat. Follow our serving suggestions or be creative with your own ideas. For an easy accompaniment to any meal, simply season with your favorite herbs, spices and condiments or try one of the delicious recipes on every Mrs. Grimes product! Mrs. Grimes

Directions: Heat; season to taste; serve.

For Microwave: Empty contents into microwaveable dish; cover and heat 2-3 minutes.

Serving Suggestions: Heat black beans and serve as a side dish topped with salsa and a dollop of sour cream or diced avocado and sliced green onion. Wrap heated beans in warm tortillas with shredded cheese and salsa.

Nutrition Facts

Serving Size 1/2 Cup (130g)
Servings About 3.5

Calories 110
Fat Cal. 10

*Percent Daily Values (DV) are based on a 2,000-calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 1g	2%	Total Carb. 19g	6%
Sat. Fat 0g	0%	Fiber 7g	27%
Trans Fat 0g		Sugars 1g	
Cholest. 0mg	0%	Protein 7g	
Sodium 400mg	17%		
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 10%			

INGREDIENTS: PREPARED BLACK BEANS, WATER, SALT.

Quick Black Bean Soup, heat 1 can Black Beans thinned to taste with your favorite beef broth. Season with onion powder, a dash of hot sauce and a squeeze of lime juice. Serve garnished with shredded cheddar cheese.

DISTRIBUTED BY:
MRS. GRIMES, DIVISION OF FARIBAULT FOODS, INC.
128 NW 15TH STREET, FARIBAULT, MN 55021-3037
www.faribaultfoods.com

MRS. GRIMES PROOF OF PURCHASE
15 OZ. BLACK BEANS



We are very interested in any comments from our customers. If you would like additional suggestions or have product information questions, send the code on the can end to Mrs. Grimes Consumer Affairs Department.