

8 CUBES
GLUTEN FREE
VEGAN

Low Sodium
Not-Chick'n Cubes



Edward & Sons
Low Sodium
Not-Chick'n Cubes



RICH GOLDEN BROTH & SEASONING

Convenience
Without
Compromise®



Low
Sodium
Not-Chick'n
Cubes

- 125mg SODIUM/SERVING
- GLUTEN FREE
- VEGAN
- SEASON SOUPS, PILAFS AND MORE



SEE
RECIPE
ON BACK

NET WT 2.5 OZ 72g

SERVING SUGGESTION



Convenience Without Compromise®
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PLEASE RECYCLE

Edward & Sons™ Low Sodium Not-Chick'n™ Cubes make wholesome, satisfying broth in seconds - just add hot water. Their rich, full-bodied flavor enhances soups, stews, sauces and more!
Store in a cool dry place.

INGREDIENTS: Yeast Extract, Organic Cornstarch, Organic Chicory Extract, Organic Garlic, Organic Mace Spice.

DIRECTIONS FOR BROTH
Dissolve 1/2 cube in 1 cup hot water. Stir. Enjoy!

Quick & Easy Veggie Soup (Serves 4)
2 Low Sodium Not-Chick'n Cubes dissolved in 4 cups hot water
1 tsp Vegetable oil
1-2 cups(s) Veggies of choice, chopped
1/2 Onion, diced
(Carrot, tomatoes, mushrooms, broccoli, potatoes....)

In a saucepan over medium-high heat, add oil and onions. Cook until onions are translucent. Add all veggies and broth. Cover and simmer over medium heat for 15 to 25 minutes (depending on vegetables used). Leave hot with chopped parsley (optional). Options: Add cooked chickpeas, lima, pinto or kidney beans or add any variety of vegetables you like. Can also be pureed in whole or part to achieve a creamier texture.

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Nutrition Facts	
Amount Per Serving	
Calories 20	Calories from Fat 10
Total Fat 1g	
Saturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	
Sugars 0g	
Protein less than 1g	

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