

JOE'S KITCHEN™

AT SCREAMIN' RIDGE FARM™



BEEF & BARLEY SOUP

Ingredients: Water, Ground beef, Beef broth, Tomato paste, Barley (may contain wheat), Onion, Carrots, Red wine (may contain sulfites), Garlic, Salt, Black pepper, Parsley, Sage, Rosemary, Olive oil, Lemon. *Allergens: contains wheat*

Vermont-Made From Local Farm Products

Super-fresh ingredients from nearby farms give our products flavor and energy. Eat great soup and join us in supporting small farms, local food producers, and the localvore movement.



screaminridgefarm.com

Nutrition Facts

Serv. Size 12 oz (340 g/12 oz)
 Serv. Per Cont. 1
Calories 220
 Fat Cal. 70

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 8g	12%	Total Carb. 29g	10%
Sat. Fat 1.5g	8%	Fiber 6g	24%
<i>Trans</i> Fat 0g		Sugars 4g	
Cholest. 15mg	4%	Protein 9g	
Sodium 530mg	22%		
Vitamin A 90% • Vitamin C 10% • Calcium 4% • Iron 10%			

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