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## GOURMET RESERVES INGREDIENTS

### Gourmet Reserves Entrees

#### **Beef Rotini #10**

Beef, vegetables, and pasta, flavored with a zesty tomato sauce.

Ingredients: Pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid)], cooked freeze-dried diced beef, tomato powder, freeze-dried corn, potato starch, whey powder, onion granules, nonfat milk powder, spice, mushrooms\*, red & green bell peppers\*, sea salt, garlic granules, chili powder. *Makes 36 1/2 cup servings.*

#### **Black Bart Chili with Beans #10**

Black beans, kidney beans and beef with a spirited classic chili taste reminiscent of the Wild West.

Ingredients: Cooked freeze-dried diced beef, kidney beans (freeze-dried), dehydrated black beans, dehydrated tomato flakes, potato starch, spices, sea salt, dehydrated tomatoes, dehydrated red & green bell peppers, garlic granules, dehydrated onions, jalapeno powder. *Makes 12 1-cup servings.*

#### **Chicken Gumbo #10**

Okra and other vegetables complement rice & chicken – very spicy!

Ingredients: Instant white rice, cooked freeze-dried diced chicken, onions\*, freeze-dried okra, potato starch, red & green bell peppers\*, freeze-dried corn, tomato flakes\*, sea salt, chicken flavor broth mix [maltodextrin, salt, autolyzed yeast extract, natural flavor, dehydrated vegetables (onion, celery, parsley, spinach, garlic, carrot), potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin], onion granules, green onions\*, garlic granules, spices, sassafras leaf powder. Note: Small amounts of monosodium glutamate (MSG) naturally occur in hydrolyzed cereal solids & autolyzed yeast. *Makes 12 1-1/2 cup servings.*

#### **Chicken Primavera #10**

An elegant entrée of pasta, chicken & vegetables.

Ingredients: Pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid), spinach powder, paprika powder], tomato powder, cooked freeze-dried diced chicken, chicken flavor broth mix [maltodextrin, salt, autolyzed yeast extract, natural flavor, dehydrated vegetables (onion, celery, parsley, spinach, garlic, carrot), potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin], potato starch, carrots\*, freeze-dried peas, freeze-dried corn, whey powder, sea salt, red & green bell peppers\*, garlic granules, onions\*, onion granules, nonfat milk powder, spice. Note: Small amounts of monosodium glutamate (MSG) naturally occur in hydrolyzed cereal solids & autolyzed yeast. *Makes 36 1/2-cup servings.*

#### **Chicken Rotelle #10**

Sour cream sauce with chicken & pasta.

Ingredients: Pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid)], sour cream powder (cream cultures, lactic acid, nonfat milk solids, citric acid), chicken (diced, cooked, freeze-dried), parmesan cheese powder (milk, cheese cultures, enzymes, salt), potato starch, whey powder, sliced mushrooms\*, tomato flakes\*, butterbuds (whey solids and corn syrup solids, modified butter oil, butter\*, salt, guar gum, annatto and turmeric vegetable colors), onion granules, sea salt, nonfat milk powder, garlic granules, green onions\*, spices. *Makes 12 1-1/3 cup servings.*

#### **Kung Fu Chicken #10**

Oriental-style noodles, vegetables & chicken with a spicy fruit sauce.

Ingredients: Pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid)], corn starch, cooked freeze-dried diced chicken, pineapple powder, Fruitsource® (grape juice concentrate, whole rice syrup), honey powder (honey, maltodextrin), red & green bell peppers\*, freeze-dried peas, onions\*, freeze-dried pineapple, onion granules, sea salt, freeze-dried snow peas, spices, mushrooms\*. *Makes 10 1-1/4 cup servings.*

## **Gourmet Reserves Ingredients (continued)**

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### **Leonardo da Fettuccine #10**

Pasta, broccoli & mushrooms in a rich sauce.

Ingredients: Pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid)], Romano cheese powder ([cheese from sheep's and cow's milk, cheese cultures, salt, enzymes], disodium phosphate), sour cream powder (cream cultures, lactic acid, nonfat milk solids, citric acid), Parmesan cheese powder ([milk, cheese cultures, enzymes, salt], disodium phosphate), potato starch, whey powder, onion granules, freeze-dried broccoli, tomato flakes\*, mushrooms\*, nonfat milk powder, sea salt, garlic granules, spices. *Makes 12 1-1/3 cup servings.*

### **Mountain Chili #10**

A savory blend of pinto beans, corn, mushrooms & spices.

Ingredients: Pinto beans\*, texturized vegetable protein [soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), vitamin (B12)], tomato powder, corn meal, chili powder, freeze-dried corn, sea salt, red & green bell peppers\*, onions\*, mushrooms\*, spices, garlic granules. 18 cups per can. *Makes 12 1-1/2 cup servings.*

### **Mushroom Pilaf with Vegetables #10**

A Middle-Eastern style recipe with vegetables & bell peppers.

Ingredients: Couscous [semolina (from durum wheat)], mushrooms\*, carrots\*, red & green bell peppers\*, freeze-dried peas, chicken flavor broth mix [maltodextrin, salt, autolyzed yeast extract, natural flavor, dehydrated vegetables (onion, celery, parsley, spinach, garlic, carrot), potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin], miso powder [whole soybeans, salt, maltodextrin], onion granules, sea salt, onions\*, celery\*, garlic granules, spice. Note: Small amounts of monosodium glutamate (MSG) naturally occur in hydrolyzed cereal solids & autolyzed yeast. *Makes 12 1-1/2 cup servings.*

### **Santa Fe Black Beans & Rice #10**

Rice & beans with a zesty Southwestern flavor.

Ingredients: Instant white rice, black beans\*, instant brown rice, tomato powder, freeze-dried corn, sea salt, carrots\*, tomato flakes\*, spices, onions\*, red & green bell peppers\*, onion granules, garlic granules, jalapeno powder. *Makes 12 1-1/3 cup servings.*

### **Sierra Chicken #10**

Chicken, vegetables & pasta in a creamy tomato sauce.

Ingredients: Pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid)], cooked freeze-dried diced chicken, tomato powder, potato starch, whey powder, freeze-dried corn, onion granules, nonfat milk powder, sea salt, garlic granules, mushrooms\*, red & green bell peppers\*, spices. *Makes 12 1-1/3 cup servings.*

### **Spaghetti Marinara w/Mushroom #10**

New recipe! Tender spaghetti noodles in a spicy tomato and herb sauce with sliced mushrooms.

Ingredients: Pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid)], tomato powder, textured vegetable protein [soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12)], tomato flakes\*, onions\*, mushrooms\*, potato starch, romano cheese powder [romano cheese (pasteurized milk, cheese cultures, salt, enzymes), disodium phosphate], parmesan cheese powder [parmesan cheese (skim milk, cheese cultures, salt, enzymes), buttermilk solids, partially hydrogenated soybean oil, whey, disodium phosphate, salt], granulated celery stalks, garlic granules, spices, sea salt, turbanado sugar. *Makes 12 1-1/2 cup servings.*

### **Teriyaki Turkey #10**

Turkey goes oriental with thin noodles & crisp snow peas in a flavorful sauce.

Ingredients: Pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid)], honey powder [honey, maltodextrin], cooked freeze-dried diced turkey, potato starch, whey powder, miso powder [whole soybeans, salt, maltodextrin], nonfat milk powder, chicken flavor broth mix [maltodextrin, salt, autolyzed yeast extract, natural flavor, dehydrated vegetables (onion, celery, parsley, spinach, garlic, carrot), potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin], red & green bell peppers\*, mushrooms\*, onion granules, sea salt, freeze-dried pea pods, garlic granules, spice, green onions\*. Note: Small amounts of monosodium glutamate (MSG) naturally occur in hydrolyzed cereal solids & autolyzed yeast. *Makes 12 1-1/2 cup servings.*

\* Dehydrated

## **Gourmet Reserves Ingredients (continued)**

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### **Texas BBQ Chicken #10**

BBQ Chicken in a hickory smoke flavor sauce.

Ingredients: Pinto beans\*, instant white rice, tomato powder, cooked freeze-dried diced chicken, Energysmart® [fruit juice, natural grain dextrins], sugar, sea salt, ultra sparse, molasses powder, onion granules, balsamic vinegar [maltodextrin, vinegar solids], pineapple powder, onions\*, hickory smoke [torula yeast, natural smoke flavor], miso powder [whole soybeans, salt, maltodextrin], garlic granules, black pepper, spices. *Makes 36 1/2-cup servings.*

### **Western Style Tamale Pie w/Beef #10**

Instant blue corn meal, super sweet corn & other notable ingredients, for a Tex-Mex style taste.

Ingredients: Blue corn flour, cooked freeze-dried beef, uncolored cheddar cheese powder [cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, disodium phosphate], instant brown rice, tomato powder, onions\*, black bean flakes\*, freeze-dried corn, freeze-dried corn flakes, pinto bean flakes\*, tomato flakes\*, chili powder, spices, sea salt, chicken flavor broth mix [maltodextrin, salt, autolyzed yeast extract, natural flavor, dehydrated vegetables (onion, celery, parsley, spinach, garlic, carrot), potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin], freeze-dried chilies, garlic granules, jalapeno powder. Note: Small amounts of monosodium glutamate (MSG) naturally occur in hydrolyzed cereal solids & autolyzed yeast. *Makes 36 1/2-cup servings.*

### **Wild Tyme Turkey #10**

Tops in taste appeal. A tangy sour cream sauce complements turkey, wild rice & vegetables.

Ingredients: Barley flakes, instant brown rice, cooked freeze-dried diced turkey, sour cream powder [sour cream (cream solids, cultured nonfat milk), citric acid, TBHQ], bulgur [pre-cooked cracked wheat], sunflower seeds, instant wild rice, carrots\*, freeze-dried peas, sliced almonds, parmesan cheese powder [parmesan cheese (skim milk, cheese cultures, salt, enzymes), buttermilk solids, partially hydrogenated soybean oil, whey, disodium phosphate, salt], potato starch, whey powder, mushrooms\*, butterbuds [whey solids and corn syrup solids, modified butter oil, butter\*, salt, guar gum, annatto and turmeric vegetable colors], onion granules, sea salt, onions\*, nonfat milk powder, garlic granules, green onions\*, spices. *Makes 12 1-1/4 cup servings.*

## **Gourmet Reserves Soups & Sides**

### **Kernel's Corn Chowder #10**

A flavorful combination of yellow peas, corn, carrots, and spices make up this thick chowder.

Ingredients: Dehydrate yellow pea flakes, freeze-dried corn, dehydrated carrots, onion powder, salt, spices. *Makes 12 1-1/2 cup servings.*

### **Alpine Minestrone Soup #10**

A meal in itself with pasta, beans, & veggies.

Ingredients: Pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid), spinach powder, paprika powder], pinto beans\*, tomato powder, small white navy beans\*, onions\*, carrots\*, cabbage\*, potatoes\*, chicken flavor broth mix [maltodextrin, salt, autolyzed yeast extract, natural flavor, dehydrated vegetables (onion, celery, parsley, spinach, garlic, carrot), potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin], freeze-dried peas, red & green bell peppers\*, sea salt, garlic granules, onion granules, celery\*, spices. Note: Small amounts of monosodium glutamate (MSG) naturally occur in hydrolyzed cereal solids & autolyzed yeast. *Makes 36 1-1/2 cup servings.*

### **Multi-Bean Soup #10**

Pinto beans, white beans, lentils, peas, carrots, onions, and spices.

Ingredients: Pinto beans\*, small white navy beans\*, pasta [durum semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid), spinach powder, paprika powder], lentils\*, freeze-dried peas, carrots\*, chicken flavor broth mix [maltodextrin, salt, autolyzed yeast extract, natural flavor, dehydrated vegetables (onion, celery, parsley, spinach, garlic, carrot), potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin], miso powder [whole soybeans, salt, maltodextrin], onion granules, onions\*, sea salt, garlic granules, spice. *Makes 20 1-1/2 cup servings.*

### **Soup-er Split Pea Soup #10**

With green peas and spices, this will fast become one of your favorites.

Ingredients: Green peas, carrots, onion powder, hydrolyzed plant protein, salt, natural smoke flavor, garlic, spice. *Makes 12 1/2-cup servings.*

\* Dehydrated

## **Gourmet Reserves Ingredients (continued)**

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### **Potatoes & Cheddar with Chives #10**

Ingredients: Potato flakes\*, uncolored cheddar cheese powder (cheddar cheese [pasteurized milk, cheese cultures, salt, enzymes], salt, disodium phosphate), potato starch, whey powder, nonfat milk powder, chives\*. *Makes 18 servings.*

### **Apple Almond Crisp #10**

A delicious & healthy granola made with dates, apples, honey, almonds & cinnamon.

Ingredients: Fat free granola [white wheat flakes, hulled barley flakes, honey, cinnamon], date pieces [rolled in oat flour], diced apples\*, sliced almonds, sunflower seeds, honey powder [honey, maltodextrin], spice, potato starch. *Makes 20 1-1/2 cup servings.*

### **Sweet Rice Pudding #10**

Rice with maple and spice.

Ingredients: Instant white rice, granulated maple syrup, buttermilk powder, egg mix [whole egg powder, nonfat milk powder, vegetable oil], modified food starch, vanilla powder [extractives of vanilla beans, vegetable extracts, dextrose, silicon dioxide], sea salt, spice, Energysmart® [fruit juice, natural grain dextrins], [corn syrup solids and natural flavor (lemon juice solids)]. *Makes 36 1/2-cup servings.*

## **Gourmet Reserves Fruits**

### **Apples, Diced \* #10**

Ingredients: Dehydrated diced apples. *Makes 32 1/2-cup servings.*

### **Blueberries, Whole #10**

Ingredients: Freeze-dried whole blueberries.

### **Strawberries, Whole #10**

Ingredients: Freeze-dried whole strawberries.

### **Date Pieces #10**

Ingredients: Dates (rolled in oat flour). *Approximately 28 servings.*

### **Peaches, Diced #2½**

Ingredients: Freeze-dried diced peaches. *Approximately 6 servings.*

### **Fruit Module (Case of 6) #2½**

A fruit variety case pack of Pineapple, Bananas, Strawberries, Blueberries, Peaches, Apples.

Includes one can of each of the following: Freeze-dried pineapple chunks, freeze-dried sliced bananas, freeze-dried whole strawberries, freeze-dried whole blueberries, freeze-dried diced peaches, and dehydrated diced apples\*.

## **Gourmet Reserves Vegetables**

### **Broccoli #2½**

Ingredients: Freeze-dried broccoli. *Makes 20 1/2-cup servings.*

### **Carrots, Diced \* #10**

Ingredients: Dehydrated diced carrots. *Makes 42 1/2-cup servings.*

### **Corn, Sweet #10**

Ingredients: Freeze-dried sweet corn. *Makes 24 1/2-cup servings.*

### **Garden Vegetable Mix #10**

A classic combination of carrots, peas and corn.

Ingredients: Carrots\*, freeze-dried peas, freeze-dried corn. *Makes 28 1/2-cup servings.*

### **Onions, Chopped \* #10**

Ingredients: Dehydrated chopped onions. *Makes 40 1/2-cup servings.*

\* Dehydrated

## **Gourmet Reserves Ingredients (continued)**

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### **Peas #10**

Ingredients: Freeze-dried green peas. *Makes 22 1/2-cup servings.*

### **Potatoes, Diced \* #10**

Ingredients: Diced potatoes. *Makes 43 servings.*

### **Potatoes, Mashed Instant #10**

Ingredients: Potatoes. *Makes 21 servings.*

### **Potatoes, Mashed Instant #2½**

Ingredients: Potatoes. *Makes 10 servings.*

### **Tomato Powder #2½**

Ingredients: Tomato powder. *Makes 18 servings.*

### **Vegetable Mix \* #10**

A tasty medley of carrots, peas, onions, celery, and red & green bell peppers.

Ingredients: Carrots\*, red & green bell peppers\*, onions\*, freeze-dried peas, celery\*. *Makes 34 1/2-cup servings.*

## **Gourmet Reserves Cereals & Grains**

### **5-Grain Fruit/Nut Instant Cereal #10**

This instant cereal has five grains, fruits & nuts.

Ingredients: Baby oat flakes, red wheat flakes, defatted soy grits, apple flakes\*, diced apples\*, date pieces [rolled in oat flour], raisins, maple syrup granules, nonfat milk powder, barley flakes, sunflower seeds, honey powder [honey, maltodextrin], sliced almonds, rice bran. *Makes 45 1/2-cup servings.*

### **Blueberry Honey Granola w/Milk #10**

Tart-sweet blueberries enliven almonds, honey & milk.

Ingredients: Fat free granola [white wheat flakes, hulled barley flakes, honey, cinnamon], nonfat milk powder, freeze-dried blueberries, sliced almonds. *Makes 8 1-cup servings.*

### **Granola, Fat Free #10**

A unique blend of **wheat, barley, honey, and cinnamon** make up this sweet granola cereal.

Ingredients: White wheat flakes, hulled barley flakes, honey, cinnamon.

### **Couscous, Instant #10**

Ingredients: Instant, precooked CousCous. *Makes 36 1/2-cup servings.*

### **Pasta, Instant #10**

Ingredients: Pasta (Duram Wheat), salt (max 1%). *Makes 36 1/2-cup servings.*

### **Wheat Flakes #10**

Ingredients: Pasta (Duram Wheat), salt (max 1%). *Makes 40 1/2-cup servings.*

### **White Rice, Cooked, Instant #10**

Ingredients: Instant red wheat flakes. *Makes 40 1/2-cup servings.*

## **Gourmet Reserves Dehydrated Beans**

### **Black Beans \* #10**

Ingredients: Dehydrated black beans. *Makes 36 1/2-cup servings.*

### **Lentils \* #10**

Ingredients: Dehydrated lentils. *Makes 32 1/2-cup servings.*

\* Dehydrated

## **Gourmet Reserves Ingredients (continued)**

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### **Navy Beans, Small White \* #10**

Ingredients: Dehydrated small white navy beans. *Makes 36 1/2-cup servings.*

### **Pinto Beans \* #10**

Ingredients: Dehydrated pinto beans. *Makes 32 1/2-cup servings.*

## **Gourmet Reserves Meats**

### **Beef, Cooked #10**

Ingredients: Cooked, diced, freeze-dried lean beef, salt.

### **Chicken, Cooked #10**

Ingredients: Cooked, diced, freeze-dried chicken (white breast meat).

### **Turkey, Cooked #10**

Ingredients: Cooked, freeze-dried, diced turkey (white breast meat). *Makes 22 1/2-cup servings.*

### **Meat Module (Case of 6) #10**

A cooked meat variety case which includes a combination of Beef, Chicken, and (when available) Turkey.

Includes a variety of: Cooked, diced, freeze-dried lean beef, salt; cooked, diced, freeze-dried chicken (white breast meat); and (when available) cooked, freeze-dried, diced turkey (white breast meat).

### **Textured Vegetable Protein (TVP) #10**

Ingredients: Soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12). *Makes 9 servings.*

## **Gourmet Reserves Dairy**

### **Nonfat Dry Milk Powder, Instant #2½**

*Approximately 10 servings per container.*

Ingredients: Instant non-fat milk.

## **Gourmet Reserves Snacks, Seasonings & Other**

### **Royal Kreem Crackers #10**

Nutritious, good tasting, unsalted crackers 3.5 in diameter. Great for long shelf life.

Ingredients: Enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], vegetable shortening [contains one or more of the following partially hydrogenated oils: soybean, canola, cottonseed], whey, leavening, [sodium bicarbonate, monocalcium phosphate, yeast], salt. *Ready to eat, approximately 6 servings.*

### **Seasoning Blend #2½**

All-purpose blend of flavorful seasonings.

Ingredients: Chicken flavor broth mix [maltodextrin, salt, autolyzed yeast extract, natural flavor, dehydrated vegetables\* (onion, celery, parsley, spinach, garlic, carrot), potato flour, soybean oil, xanthan gum, spices, extractive of spices, lecithin].

### **Sea Salt #10**

Ingredients: Sea salt (7 lbs). *Approximately 100 servings per container.*

### **Honey, Pure #10**

Ingredients: Pure honey (5 lbs). *Approximately 108 servings per container.*

\* Dehydrated

## **Gourmet Reserves Ingredients (continued)**

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### **Maple Syrup Granules, Pure #10**

*Approximately 104 servings per container.*

Ingredients: Maple Syrup Granules (3 lbs).

### **Emergen-C by Alacer #10**

*Approximately 72 servings per container.*

Ingredients: Sweetened with fructose. All nutrients in a base of citric tartaric, aspartic and malic (apple) acids plus whey factors.

Flavored with natural products including concentrates of natural lime and lemon flavors, plus potassium phosphate to buffer acidity.