



**MOUNTAIN
HOUSE**

SAVOR THE ADVENTURE™



FREEZE DRIED
SPICY SOUTHWEST
BREAKFAST HASH
POTATOES, SHREDDED BEEF, GREEN CHILES,
BLACK BEANS AND CORN

BREAKFAST

2 SERVINGS



NET WT 3.88 OZ (110g)



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Looking to add variety and spice to your breakfast routine? The spicy southwest hash is made with hash browns, shredded beef, black beans, green chili peppers, corn, red peppers, onions, and a dash of hot sauce to help get your day started right.

Our convenient just-add-water prep in the pouch means that you have more time to do what you love, without the hassles of cooking and cleanup. The durable, lightweight pouches are easy to pack and carry. Dozens of classic recipe options give you the variety and comfort you crave as you set out in the morning or at the end of a long day.

How do we do it? We use only the highest quality ingredients and cook our meals the old-fashioned way, allowing the flavors to blend naturally. The result is a home-cooked flavor, no matter where you are.

Mountain House Adventure Meals™ have been trusted by outdoor enthusiasts for over 45 years.

Savor the adventure™!

Nutrition Facts	
Serving Size 3/4 cup (55g) dry mix	
Servings Per Container About 2	
Amount Per Serving	
Calories 250	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 750mg	31%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 11g	22%
Vitamin A 15% • Vitamin C 25%	
Calcium 4% • Iron 10%	
*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb.	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g

INGREDIENTS:

Green Chile Pepper (green chile pepper, calcium chloride, citric acid, salt) • Corn • Dehydrated Hash Browns (potato [dry], salt, dextrose, sodium bisulfite [to preserve freshness]) • Cooked Beef • Black Beans • Red Pepper • Onion • Corn Oil with Spice Extract • Cholula Sauce (peppers [arbol and piquin], salt, vinegar, spice, xanthan gum) • Potato Starch • Spice • Salt

GLUTEN FREE

Preparation instructions

1. Open package at tear notch. Remove and discard oxygen absorber*.
2. Carefully add 1 1/2 cup (12 fl oz / 355 mL) boiling water.
3. Stir carefully and close zipper. Optional: After 4 minutes stir again.
4. Let stand 9-10 minutes. Stir and enjoy right out of the pouch!



*If you forget to remove oxygen absorber before adding water, don't worry. Your food is still safe to eat. Simply remove and discard absorber.

Serving sizes are based on USDA/FDA 'Reference Amounts Customarily Consumed' and are for comparison purposes. Your mileage will vary based on your metabolism and activity level. We recommend determining your caloric needs and basing your purchasing decisions on calories rather than 'servings'.

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F Rev. 1603L



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