



# Rice & BEANS

U.S. FAMILY ORGANIC



## COMPLETE SATISFACTION

U.S. family organic short grain brown rice and beans

All nine essential amino acids in each

Rice & Beans Uplift and Sustain

BPA, BPS, & phthalate free cans

## Rice & Bean Complete Protein



Rice & Beans are Lundberg® Organic Short Grain Brown Rice and EDEN Organic Beans, nine different versions. Whole grain and beans complete each other providing all essential amino acids.

Plant-based protein, complex carbs, vitamins, minerals, antioxidants (similar to those in berries), polyphenols, phytonutrients, excellent fiber, folate B9, zinc, and iron. Short grain brown rice is the epitome of soothing, centered nourishment.

Meal recipes of the finest possible ingredients in a can. As soup and stew starters, stupendous! Just minutes from pantry to plate or bowl. Heat, stir, and serve to purify and center.

All Recipes use Organic Herbs & Organic Spices.

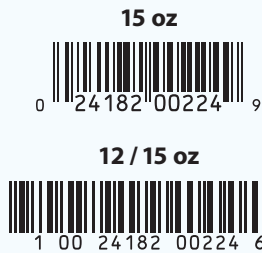


edenfoods.com • cs@edenfoods.com  
ph 800.248.0320 • Clinton, Michigan 49236



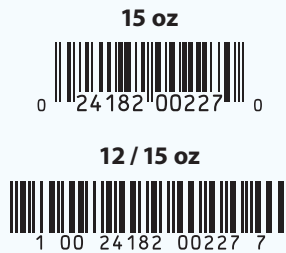
## Brown Rice & Pinto Beans

**Ingredients** Water \*Lundberg Short Grain Brown Rice \*Pinto Beans \*Onion Flakes \*Garlic Powder, Sea Salt



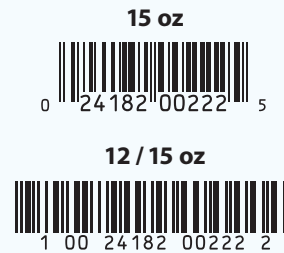
## Brown Rice & Green Lentils

**Ingredients** Water \*Lundberg Short Grain Brown Rice \*Lentils \*Onion Flakes \*Garlic Powder, Sea Salt \*Parsley Flakes \*Bay Leaf Powder \*Cumin Powder \*Cayenne Pepper



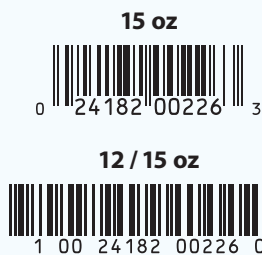
## Brown Rice & Kidney Beans

**Ingredients** Water \*Lundberg Short Grain Brown Rice \*Kidney Beans \*Onion Flakes \*Garlic Powder, Sea Salt \*Parsley Flakes



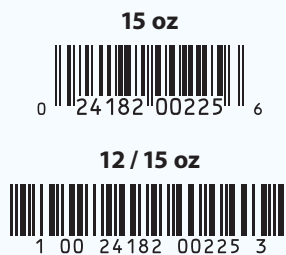
## Cajun Brown Rice & Small Red Beans

**Ingredients** Water \*Lundberg Short Grain Brown Rice \*Small Red Beans \*Tomato Puree \*Onion Flakes \*Garlic Powder \*Dried Red Pepper Flakes, Sea Salt \*Cayenne Pepper \*Parsley Flakes \*Bay Leaf Powder \*Black Pepper \*Cumin Powder



## Caribbean Brown Rice & Black Beans

**Ingredients** Water \*Lundberg Short Grain Brown Rice \*Black Turtle Beans \*Onion Flakes \*Paprika Powder \*Garlic Powder, Sea Salt \*Cumin Powder, \*Cayenne Pepper \*Cinnamon Powder



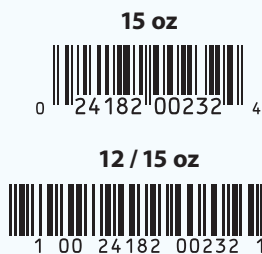
## Curried Brown Rice & Green Lentils

**Ingredients** Water \*Lundberg Short Grain Brown Rice \*Lentils \*Minced Onion, Sea Salt \*Coriander \*Turmeric \*Cumin \*Cardamon \*Chili Pepper \*Cinnamon \*Black Pepper



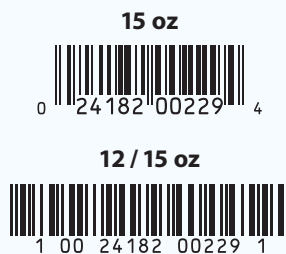
## Mexican Brown Rice & Black Beans

**Ingredients** Water \*Lundberg Short Grain Brown Rice \*Black Turtle Beans \*Tomato Purée \*Minced Onion, Sea Salt \*Minced Garlic \*Cumin Powder \*Chili Flakes \*Basil Flakes \*Paprika Powder \*Black Pepper



## Moroccan Brown Rice & Garbanzo Beans

**Ingredients** Water \*Lundberg Short Grain Brown Rice \*Garbanzo Beans \*Minced Onion, Sea Salt \*Coriander \*Turmeric \*Cumin \*Cardamon \*Fenugreek \*Chili Pepper \*Cinnamon \*Black Pepper \*Cloves



## Spanish Brown Rice & Pinto Beans

**Ingredients** Water \*Lundberg Short Grain Brown Rice \*Pinto Beans \*Tomato Purée \*Minced Onion \*Minced Garlic, Sea Salt \*Cumin Powder \*Basil Flakes \*Paprika Powder \*Chili Flakes \*Black Pepper

