

Organic beans, organic whole grain, organic vegetables, maitake mushroom and one with shiitake mushroom, and 100% organic spices. Beans, barley, spelt, and kamut are U.S.A. family farm organically grown, quinoa is high altitude organically grown in the Andes. All prepared at Eden's Pure Food cannery where beans are soaked overnight, blanched, and cooked with whole grain and vegetables in a spicy rich sauce of Eden select organic chili spices.