



SERVING MEALS  
*from the heart*



Macaroni Bolognese

## MACARONI BOLOGNESE

NET WT 9 OZ

Nutrition Facts	
1 serving per container	
Serving size 1 container (255g)	
Amount Per Serving	<b>320</b>
<b>Calories</b>	
	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 590mg	<b>26%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 9g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 20g	
Vit. D 0.5mcg 2%	Calcium 220mg 15%
Iron 2.4mg 15%	Potas. 850mg 20%

**INGREDIENTS:** WATER, DICED TOMATOES (DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), ENRICHED ELBOW MACARONI (SEMOLINA [WHEAT], EGG WHITES, NIACIN, IRON [FERROUS SULFATE], THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEASONED BEEF CRUMBLES (BEEF SALT, BEEF STOCK, NATURAL FLAVORINGS), CANNELLINI BEANS, CARROTS, TOMATO PASTE, ONION, GREEN BELL PEPPER, PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, CONTAINS LESS THAN 2% OF PASTEURIZED NONFAT MILK, BEEF FLAVOR BASE (BEEF BROTH, BEEF EXTRACT, WATER), MOLASSES, CARROT JUICE CONCENTRATE, BEEF FAT, ONION POWDER, GARLIC POWDER, SESAME OIL, SPICE, CELESTAC JUICE CONCENTRATE), TEXTURED PLANT PROTEIN (COOKED CHICKPEA POWDER), CORNSTARCH, OLIVE OIL, CANE SUGAR, BASIL FLAVOR BASE (COOKED BASIL, SEA SALT, CANOLA OIL, BASIL OIL), GARLIC, SEA SALT, BLACK PEPPER.

**ALLERGENS:** EGG, MILK, SESAME, WHEAT.

## RED BEANS & RICE

WITH CHICKEN & VEGETABLES

NET WT 9 OZ

Nutrition Facts	
1 serving per container	
Serving size 1 container (255g)	
Amount Per Serving	<b>340</b>
<b>Calories</b>	
	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 590mg	<b>26%</b>
<b>Total Carbohydrate</b> 51g	<b>19%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 4g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 20g	
Vit. D 0mcg 0%	Calcium 70mg 6%
Iron 2.9mg 15%	Potas. 750mg 15%

**INGREDIENTS:** WATER, PINTO BEANS, CHICKEN, BROWN RICE, ONION, CARROTS, GREEN PEPPERS, RED PEPPERS, POTATO STARCH, CONTAINS LESS THAN 2% OF CANOLA OIL, TOMATO PASTE, CHICKEN BASE (CHICKEN BROTH [CHICKEN STOCK, CHICKEN MEAT], SALT, CHICKEN FAT, YEAST EXTRACT, SUGAR, NATURAL FLAVOR, POTATO FLOUR, CARROT POWDER, TURMERIC), SOFRITO FLAVOR CONCENTRATE (CILANTRO, SALT, SUGAR, ONION, POTATO FLOUR, SPICE, NATURAL FLAVOR, GREEN BELL PEPPER POWDER), CALJIN STYLE SEASONING BLEND (DEHYDRATED ONION AND GARLIC, PAPRIKA, SALT).

## VEGETARIAN 3 BEAN CHILI

NET WT 9.45 OZ

Nutrition Facts	
1 serving per container	
Serving size 1 container (268g)	
Amount Per Serving	<b>280</b>
<b>Calories</b>	
	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 590mg	<b>26%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	
Vit. D 0mcg 0%	Calcium 100mg 8%
Iron 3.5mg 20%	Potas. 800mg 15%

**INGREDIENTS:** WATER, DICED TOMATOES (DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), TOMATOES IN PUREE (DICED TOMATOES, TOMATO PUREE, CITRIC ACID), BLACK BEANS, RED KIDNEY BEANS, NAVY BEANS, GREEN BELL PEPPER, TOMATO PASTE, TEXTURED PLANT PROTEIN (COOKED CHICKPEA POWDER), ONION, CONTAINS LESS THAN 2% OF VEGETARIAN BEEF FLAVOR BASE (YEAST EXTRACT, FILTERED WATER, SALT, COOKED VEGETABLES (CARROT, ONION, CELERY), CORN OIL, SUGAR, POTATO FLOUR, CORN STARCH, ONION POWDER, GARLIC POWDER, FLAVOR (PAPRIKA), OLIVE OIL, SOFRITO SEASONING BLEND (CILANTRO, SALT, SUGAR, ONION, POTATO FLOUR, SPICE, NATURAL FLAVOR, GREEN BELL PEPPER POWDER), LIME JUICE CONCENTRATE (LIMES), CHILI POWDER (GROUND CHILES, PAPRIKA, SALT, SPICES AND GARLIC), GARLIC POWDER, GROUND CHIPOTLE, SEA SALT, NATURAL FLAVOR, GROUND CORIANDER SEEDS, GROUND CUMIN SEEDS, BLACK PEPPER.



For all orders and inquiries, please:

Call: 1 (917) 675-1335

Email: [hello@hopekitchenfood.com](mailto:hello@hopekitchenfood.com)

or visit: [www.hopekitchenfood.com](http://www.hopekitchenfood.com)

HARVST PBC, 19 EAST 26 STREET, NEW YORK, NY 10010



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