HEATING INSTRUCTIONS - To be used as a guide only.

To Heat on the Hob
Empty contents into a saucepan and heat gently, while stirring, until contents are hot throughout. Do not allow to boil.

To Microwave
Empty into a microwave dish, cover and vent. Heat on full power for 3-4 minutes, stirring midway through. Stir thoroughly before serving.

Store in a cool dry place. Once opened, transfer to a non-metallic container, keep refrigerated and use within 2 days.

Produced in UK for: Venture Foods UK Ltd, Unit S23, Hastingwood Ind. Park, Wood Lane, Birmingham, B24 9QR, UK. www.geoorganics.co.uk

EU: Rua Lourenco Moleiro, 233, Zona Industrial de Mosteiro, 4520-409 Mosteiro VFR, Portugal.

Australian Distributor: Watersteps Pty Ltd, 2/92a Bradleys Head Road Mosman NSW 2088.

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GEO
ORGANICS

ORGANIC
Thick
Vegetable
Hot Pot

Chunks of wholesome vegetables cooked with tomato, onion and garlic

LOW FAT

Vegan

SOIL ASSOCIATION ORGANIC

GB-ORG-05
EU/non EU Agriculture
UK/Non UK Agriculture

400g ℮

INGREDIENTS:
Water, Vegetables* in varying quantities (39%) (Potato*, Carrots*, Green Beans*, Haricot Beans*), Chopped Tomatoes*(10%), Tomato Puree*(6%), Rice Flour*, Rehydrated Onion*, Vegetable Bouillon*, (Rice Flour*, Sea Salt, Yeast Extract*, (with Maltodextrin*) Onions*, Carrots*, Sunflower Oil*, Turmeric*, Parsnips*, Mushrooms*,(White Mushrooms*, Shiitake Mushrooms*), Parsley*, Concentrated Vegetable Juices*, (Carrot*, Onion*) Lovage Root*, Lovage*, Garlic*, Fennel Seeds*), Garlic Powder*, Salt.
*Organically Produced.

ALLERGY ADVICE
For allergens, see ingredients in **bold**. This product is made in a factory that handles nut products.

Nutritional Information	
Typical Values	per 100g
Energy	165kJ
	39kcal
Fat	0.0g
of which saturates	0.0g
Carbohydrate	11.0g
of which sugars	1.8g
Fibre	1.1g
Protein	0.9g
Salt	0.47g

Typical values per 1/2 bowl Serving (200g), % GDA

Energy	Sugar	Fat	Sat Fat	Salt
	LOW	LOW	LOW	MED
78 kcal	3.6g	0.0g	0.0g	0.94g
3.9%	4%	0%	0%	15.67%

For Best Before End: See end of can.