



# Country Rice With Black Beans

**Shelf stable (2 years) BPA Free Microwaveable pouch. Gluten free, Vegetarian**

This Ready to Eat Rice is made with White Rice, Black Beans and Fresh Onions and Sweet and Jalapeno Peppers. It is enriched with Extra Virgin Olive Oil and is lightly salted and mildly spicy.

Nothing artificial ! Simple ingredients preserve the country taste and aroma of this:

## White Rice with Black Beans

**We make this product in very small batches using fresh Onions and Peppers.**

**DIRECTIONS:** Cut at the notch to make a small vent and heat in a microwave for about 1 min. Empty the pouch in a serving dish. For stove top, empty the pouch in a heavy skillet and heat on low heat to desired serving temperature. Handle with care as the pouch and contents will be very hot ! Serve with any of the several JYOTI Ready to serve Indian dishes or other dishes of your liking. Excellent companion to any BBQ.

**INGREDIENTS:** Water, Par Boiled White Rice, Black Beans, Onion, Fresh Sweet and Jalapeno Peppers, Sunflower Oil, Fresh Garlic, Spices, Salt.

**Following are unedited photos of the Country Rice pouch and a freshly emptied pouch of the same.**



<b>Nutrition Facts</b>	Amount/Serving	% DV *	Amount/Serving	% DV *
	<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carb.</b> 35g	<b>13%</b>
Sat. Fat 0g	<b>0%</b>	Fiber 2g	<b>7%</b>	
<i>Trans Fat</i> 0g		Total Sugars 0g		
<b>Cholest.</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 80mg	<b>4%</b>	<b>Protein</b> 4g		
Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 0.8mg 4%				
Potassium 190mg 4%				

CA prop 65 requires Rice containing foods to warn California customers about the presence of arsenic in Rice. Arsenic is known to be a carcinogen and cause birth defects.

Unfortunately, there is no provision to advise anyone that Rice is great for human body. The longest living people in the world are the Japanese, whose diet is mainly rice. In India, the first solid food ceremoniously given to an infant is rice. Yet, we must put this ridiculous warning here.