

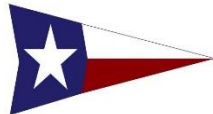
YOUR
Ready to Eat

Cowboy Ricetm

With Toor (Pigeon) Peas in Texas style

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

This Ready to Eat Cowboy Rice is made with Rice, Toor Peas and Fresh Onions, Sweet and Jalapeno Peppers. It is enriched with Extra Virgin Olive Oil and is lightly salted. Nothing artificial ! Simple ingredients and Texas Spices flavor the taste and aroma of this:



Cowboy Ricetm

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, Toor Peas, Onion, Fresh Sweet and Jalapeno Peppers, Extra Virgin Olive Oil, Fresh Garlic, Spices, Salt.

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



Nutrition Facts	Amount/Serving	% DV *	Amount/Serving	% DV *
	2 servings per container	Total Fat 3g	4%	Total Carb. 35g
Serv. Size 113 g	Sat. Fat 0g	0%	Fiber 2g	9%
Calories 190 per serving	<i>Trans</i> Fat 0g		Total Sugars 1g	
	Cholest. 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 340mg	15%	Protein 5g	
	Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 1.1mg 6%			
	Potassium 250mg 6%			

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.