

Quick and easy family meals

Seasoned Ground Beef



Ready for dinner in just 8 minutes!

- Three delicious varieties
- Wholesome organic convenience, made with pasture-raised beef
- Perfectly portioned 1-pound packages feed a family of four
- We are an independent co-op of organic family farms dedicated to raising our animals humanely
- Always organic: No antibiotics, synthetic hormones, harsh pesticides or GMOs



1-888-444-6455 ext. 3444
www.OrganicPrairie.coop



SWEET SLOPPY JOE

Nutrition Facts	
4 servings per container	
Serving size	4 oz (112g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 530mg	23%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 2mg	10%
Potassium 357mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Organic Pasture-Raised Beef, Organic Cane Sugar, Less than 2% Organic Tomato Powder, Organic Spices, Sea Salt, Organic Dried Vinegar, Organic Sunflower Oil, Organic Rice Hull, Organic Garlic Powder, Organic Onion Powder

Fresh: UPC 0 93966 31106 8



Frozen: UPC 0 93966 31105 1



FIESTA BLEND

Nutrition Facts	
4 servings per container	
Serving size	4 oz (112g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 540mg	23%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars <1g	
Includes <1g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 3mg	15%
Potassium 395mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Organic Pasture-Raised Beef, Less than 2% Organic Paprika, Sea Salt, Organic Spices, Organic Dried Vinegar, Organic Rice Hull, Organic Sunflower Oil, Organic Tomato Powder, Organic Garlic Powder, Organic Jalapeño Powder, Organic Onion Powder, Organic Tapioca Powder

Fresh: UPC 0 93966 31102 0



Frozen: UPC 0 93966 31101 3



ITALIAN STYLE

Nutrition Facts	
4 servings per container	
Serving size	4 oz (112g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 560mg	24%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 3mg	15%
Potassium 371mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Organic Pasture-Raised Ground Beef, Less than 2% Organic Garlic Powder, Organic Cane Sugar, Sea Salt, Organic Onion Powder, Organic Spices, Organic Dried Vinegar, Organic Yeast Extract (Organic Baker's Yeast Extract, Salt), Organic Rice Hull, Organic Paprika, Organic Sunflower Oil

Fresh: UPC 0 93966 31104 4



Frozen: UPC 0 93966 31103 7



PACK 8/1 lb. — Case 9.63"L x 9.63"W x 4.1"H | Unit 5.0"L x 5.0"W x 1.5"H | Wt. 8.37 lbs. | Cube 0.22 | Pallet 20ti x 10hi