

Lancaster Fresh™

Spring Garden

GOURMET DIP MIX

NET WT .9 OZ (25g)

Simple to prepare!

Ingredients needed:

- Spring Garden Medley Dip Mix
- 1-1/2 cups sour cream
- 1/2 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

You may use lowfat or nonfat products with this mix, although results may vary.

Complete directions and recipes inside!

Ingredients: carrots, bell peppers, tomatoes, celery, onions, spinach, vegetable broth powder (vegetable powders, maltodextrin, defatted soy grits, whey-a milk protein, yeast extract powder [yeast extract, salt, maltodextrin, partially hydrogenated soybean oil], soybean oil, soy protein isolate, spices, lecithin, kelp and papain), salt and sea salt crystals, nutritional yeast, hydrolyzed vegetable protein (no added MSG), spices and colorings, and garlic powder.

Contains: soy, milk

Distributed By:
ICC Global Trade, LLC
PO Box 10992
Lancaster, PA 17605
United States of America
www.lancasterfresh.com



Nutrition Facts

Serving Size 2 Tablespoons (28g)
Servings Per Container about 17

Amount Per Serving	Mix	with added ingredients
Calories	6	96
Calories from Fat	0	90
% Daily Value**		
Total Fat 0g*	0%	15%
Saturated Fat 0g	0%	15%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	4%
Sodium 5mg	0%	2%
Total Carbohydrate 1g	0%	0%
Dietary Fiber 0g	0%	0%
Sugars 0g	-	-
Protein 0g	-	-
Vitamin A	6%	7%
Vitamin C	12%	12%
Calcium	0%	3%
Iron	6%	6%

*Amount in Spring Garden Dip Mix.
Added ingredients contribute an additional 90 calories, 10g total fat, 3g saturated fat, 0g trans fat, 13mg cholesterol, 43mg sodium, 1g total carbohydrate (0g sugar), 1g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

SPRING GARDEN DIP MIX™

Ingredients needed:

- ☑ **Spring Garden Dip Mix**
- ☑ 1-1/2 cups sour cream
- ☑ 1/2 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

You may use lowfat or nonfat products with this mix, although results may vary.

Directions:

Blend sour cream, mayonnaise and entire packet of mix. Mix well. Chill overnight or minimum of 4 hours. Stir before serving. Serve with vegetables, crackers or pretzel sticks. Keep prepared dip refrigerated.

5-HOUR GARDEN STEW

Perfect for those long, cold winter days!

- ☑ 1 packet **Spring Garden Dip Mix**
- ☑ 3- to 5-pounds stew meat (venison works well)
- ☑ 1/2 tsp. each of salt & pepper
- ☑ 1/2 cup burgundy or cooking wine*, *optional*
- ☑ 4 Tbls. cornstarch, tapioca or all-purpose flour
- ☑ 3 potatoes (medium-size) peeled, cut into chunks
- ☑ 4 carrots - peeled, cut into chunks
- ☑ 2 onions (medium-size) peeled, cut into chunks
- ☑ vegetables, canned (i.e., green beans, mushrooms, peas, etc.)
optional
- ☑ 1 can (29 oz.) tomato sauce
- ☑ 2 Tbls. sugar

Preheat oven to 250°. Place meat in bottom of large oven-proof pot. Sprinkle meat with salt and pepper (and wine; if desired). Sprinkle meat with the cornstarch (or tapioca/flour). Add potatoes, carrots, onions and whatever other vegetables you would like, (canned whole green beans, sweet peas and whole mushrooms are a delicious addition). Sprinkle packet of **Spring Garden Dip Mix** over vegetables. Pour can of tomato sauce over all and sprinkle with sugar. Cover and bake at 200° to 250° for 5 hours.

*The wine helps tenderize inexpensive cuts of meats and also adds flavor. Any alcohol "cooks-out."