



Every THRIVE™ purchase helps reduce world hunger. Thriving Nations™ creates greater nutritional self-sufficiency around the world by teaching impoverished people how to diversify crops, increase food production, and create healthier dietary practices. Five percent of all THRIVE™ profits are donated to this cause.

THRIVE™



Buying and preparing quality food should be easy. With THRIVE™, it is! The THRIVE™ food line consists of convenient, versatile foods that are practical for daily cooking. Each product also has an extended shelf life, making THRIVE™ great for food storage. THRIVE™ foods are nutrient-rich and natural, so you can be confident you are providing your family with proper nutrition.

- T** Grains
- H** Vegetables
- R** Fruits
- I** Milk
- V** Meat & Beans
- E** Basics



Based on a trusted model.

Trusted Foods. A Trusted Standard. THRIVE™ provides high-quality, nutritious foods for both daily use and long-term storage.

Egg Noodle Pasta

Preparation Instructions:

Add 1 cup of THRIVE Egg Noodles to 4 cups of salted boiling water. Let cook for 8–10 minutes; drain and serve. Makes 1 ¾ cups of pasta.

Pasta Florentine

Ingredients:

- | | |
|---|--|
| 2 c. THRIVE Egg Noodles | 2 ½ c. THRIVE Chicken Bouillon |
| ½ c. THRIVE Sausage Crumbles (FD), cooked | ½ tsp. THRIVE Chef's Choice Seasoning Blend |
| ½ c. THRIVE Zucchini (FD) | ½ c. THRIVE Tomato Dices (FD) |
| ½ c. THRIVE Mushroom Pieces (FD) | ¼ c. THRIVE Chopped Spinach (FD) |
| ½ c. THRIVE Red Bell Peppers (FD) | 2 tbsp. Fresh basil, parsley, chives (equal parts) |
| ¼ c. THRIVE Chopped Onions | 1 tbsp. Extra virgin olive oil |
| 1 tsp. Garlic, minced | salt and pepper to taste |

Precook noodles in salted water until nearly done. In a large sauté pan combine sausage, zucchini, mushrooms, red peppers, onions, garlic, and bouillon and bring to a simmer until liquid is reduced by half. Add egg noodles and seasoning blend and warm through. Fold in tomatoes, spinach, and herbs and drizzle with olive oil to serve.

Find recipes, planning tools, and more at

www.EatThrive.com

Egg Noodle Pasta

GRAINS



Egg Noodle Pasta

18 SERVINGS

THRIVE™



Serving Suggestion

Net Wt 26.6 oz (1.66 lb) 756g

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ¾ cup, Dry (42g)
Servings Per Container 18

Amount Per Serving

Calories 170 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 10mg **0%**

Total Carbohydrate 30g **10%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

Thiamin 20% • Riboflavin 8%

Niacin 10% • Folate 25%

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

Calories: 2,000 2,500

Total Fat Less than: 65g 80g

Sat Fat Less than: 20g 25g

Cholesterol Less than: 300mg 300mg

Sodium Less than: 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Grains

Suggested Storage Amount:

Store a minimum of 300 pounds of grains per adult per year.

Usage Suggestions:

THRIVE™ Egg Noodle Pasta is a great addition to any dish. Use it in soups, casseroles, and Italian dishes.

Shelf Life: 8 years

Best if used within 2 years of opening to maintain life sustaining nutritional value under optimal storage conditions.

Opened ____/____/____.

INGREDIENTS: DURUM WHEAT SEMOLINA, DURUM WHEAT FLOUR [ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)], EGGS.

CONTAINS: EGGS, WHEAT.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.



Distributed By:

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