

# PACKAGING REQUIREMENTS

All packaging materials shall be safe and suitable for the intended use and must meet any specific packaging material specifications negotiated between customers and Trinidad Benham. In addition, all packages shall be well formed, in label registration, properly coded and securely sealed.

### **NET WEIGHT**

Net weight of each package shall meet or slightly exceed the stated net weight as declared on the package label. Compliance shall be measured through the use of statistical control methods.

# BEST BY DATE CODE

All packages shall be legibly coded per Trinidad Benham standard coding procedures to provide the day of production, the month of production, one year freshness dating, and a plant designator.

INGREDIENT STATEMENT	Black Beans		
ALLERGEN STATEMENT	This product does not contain any allergens.		
BIOENGINEERED	Does not contain bioengineered food ingredient(s) per USDA final rule 7 CFR 66: National		
INGREDIENTS	Bioengineered Food Disclosure Standard.		
GMO STATEMENT	Not genetically modified through the use of modern biotechnology		
GLUTEN STATEMENT	This product does not contain gluten.		
SHELF LIFE	365 days		
KOSHER STATUS	Certified OU; Certification upon request		
COUNTRY OF ORIGIN	USA		

#### NUTRITION FACTS

Serving	Size 1/4 cup dry (35g)		
Amount per Serving			**Servings per
Calories		80	container will vary
		%Daily Value*	depending on
Total Fat	1 g	1 %	package size.
Saturated Fat	0 g	0 %	1 lb. = about 13
Trans Fat	0 g		2 lb. = about 26
Cholesterol	0 mg	0 %	4 lb. = about 52
Sodium	5 mg	0 %	5 lb. = about 65
Total Carbohydrate	21 g	8 %	8 lb. = about 103
Dietary Fiber	12 g	42 %	10 lb. = about 129
Total Sugars	1 g		20 lb. = about 259
Includes	0 g Added Sugars	0 %	25 lb. = about 324
Protein	8 g		50 lb. = about 648
Vitamin D	0 mcg	0 %	
Calcium	0 mg	0 %	
Iron	2 mg	10 %	
Potassium	210 mg	4 %	
The % Daily Value (DV) tells you how m alories a day is used for general nutritic	-	contributes to a daily diet. 2,000	

### PREPARATION INSTRUCTIONS

Beans are a natural agricultural product. Despite the use of modern cleaning equipment, it is not always possible to remove all foreign material. Carefully sort and rinse beans before cooking.

**QUICK SOAK**: Carefully sort and rinse beans in a large pot. To 1lb. of beans (about 2 cups) add 6-8 cups of hot water. Bring to rapid boil, boil for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Drain soak water and rinse beans. **OVERNIGHT SOAK**: Carefully sort and rinse beans in a large pot. To 1lb. of beans (about 2 cups) add 6-8 cups of cold water. Let stand overnight or at least 6-8 hours. Drain soak water and rinse beans.

**COOKING DIRECTIONS**: Add 6-8 cups of hot water to drained and rinsed beans. Simmer gently with lid tilted until desired tenderness is reached, about 1 1/2 to 2 hours.

#### SHIPPING/STORAGE REQUIREMENTS

Ship in dry, ambient temperature trucks or containers. Product may be stored for long periods of time under proper conditions without substantial deterioration. It should be warehoused in a clean, cool, dry place away from strong odors. However, like most grain products, this is subject to infestation and other pests if not properly protected. To ensure protection against insects and other pests, we recommend a maximum storage period of 6 months as ideal for store shelf freshness.