

GLUTEN FREE
PLANT-BASED
PALM OIL FREE

Edward
& Sons
NOT-FISH
8 Bouillon Cubes
Convenience Without Compromise®



PLANT-BASED BROTH AND SEASONING

RECIPE ON BACK
NET WT 2.9 OZ 84g



NOT-FISH
8 Bouillon Cubes
VEGAN • GLUTEN FREE



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Nutrition Facts

About 16 servings per container
Serving Size 1/2 cube (5.25g)

Amount per serving
Calories 20

Total Fat 1.5g **2%** % DV*

Saturated Fat 0.5g **3%**

Trans Fat 0g

Sodium 890mg **39%**

Total Carbohydrate less than 1g **0%**

Protein less than 1g

Not a significant source of Cholesterol, Fiber, Sugars, Vit. D, Calcium, Iron, Potassium.
*%DV = Daily Value

DIRECTIONS FOR BROTH

Dissolve 1/2 cube in 1 cup hot water. Stir. Enjoy!

Vegan Pho (Serves 4-6)

3 Edward & Sons® Not-Fish™ cubes dissolved in 6 cups hot water
2 cups Mushrooms, chopped (button, shitake, etc.)
1 lb. Extra firm tofu, drained, pressed and cut into 1/2 inch cubes
3 Whole star anise 1 tsp Ground ginger 8 oz. Cooked rice noodles
1 tsp. Ground cloves 2 Cinnamon sticks 1 cup Julienned carrots
1 large Onion quartered 2 Tbsp Soy sauce/tamari
Pour broth into a large saucepan and bring to a simmer over high heat. Add onion, ginger, cinnamon, star anise, cloves and soy sauce to pan. Simmer for at least 30 minutes. Add a bit of water if mixture reduces too much. Coat a large nonstick skillet with oil and cook tofu until golden brown (about 10 minutes) over medium heat. Remove tofu, put on paper towel. When broth has simmered, remove star anise and cinnamon sticks. Add mushrooms, simmer about 4 minutes, until tender. Add carrots, simmer just until slightly softened (about 1 minute). Divide noodles and tofu among bowls and ladle broth over top. Enjoy!

Ingredients: Sea Salt, Organic Shea Butter, Yeast Extract, Organic Shiitake Mushroom*, Organic Wakame*, Organic Cane Sugar, Organic Cornstarch, Organic Mace*, Organic Laurel*. *Powder



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