

STOVETOP INSTRUCTIONS:

1. Empty contents of can into skillet.
2. Break apart and fry until slightly crisp, turning with spatula.

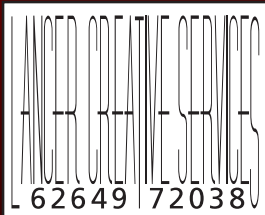
Patties: Chill can, open both ends and push out hash. Slice into patties and fry.

HOBO INSTRUCTIONS:

1. Rub top of can vigorously against a concrete surface until the lip is ground down enough to pop off.
2. Set can near fire.
3. Rotate can 120 degrees every few minutes.
4. Remove from fire when hash is heated. Stir before serving.

MICROWAVE INSTRUCTIONS:

1. Seriously? You need instructions for using a microwave?
2. Who doesn't know how to use a microwave?
3. What, did your maid do that for you?



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CORNED BEAST

**WHO
HASH**



Nutrition Facts

Serving Size: 1 cup (236g)
Servings Per Container: about 2

Amount Per Serving	
Calories 380	Calories from Fat 220
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 11g	55%
Trans Fat 1.5g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 9g	
Cholesterol 80mg	27%
Sodium 990mg	41%
Potassium 450mg	13%
Total Carbohydrate 22mg	7%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 27g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
Folic Acid 0%	

* 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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate • Protein 4

INGREDIENTS: BEAST, REHYDRATED TRUFFALO TREE PODS, WATER, CONTAINS 2% OR LESS OF SALT, SUGAR, FLAVORING, SPICES, SODIUM NITRATE



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