



GLUTEN-FREE PRODUCTS

Contains no oats, barley, wheat, or rye.

Frozen

| | |
|----------------------------------|---------------------------------|
| Mexican Tamale Pie | Shepherd's Pie* |
| Garden Vegetable Lasagna | Rice Mac & Cheese |
| Cheese Enchilada | Black Bean Vegetable Enchilada* |
| Black Bean Enchilada Whole Meal* | Cheese Enchilada Whole Meal |
| Indian Mattar Paneer | Indian Palak Paneer |
| Asian Noodle Stir-Fry | Thai Stir-Fry |
| Tofu Scramble Breakfast* | Tofu Rancheros Breakfast |
| Santa Fe Enchilada Bowl | Teriyaki Bowl* |
| Brown Rice and Vegetable Bowl* | Mexican Casserole Bowl |
| Brown Rice Bowl | Rice Crust Cheese Pizza |
| with Black-Eyes Peas & Veggies* | |

Grocery

| | |
|---------------------------------|--|
| Cream of Tomato Soup | Lentil Soup* |
| Black Bean Vegetable Soup* | Split Pea Soup* |
| Lentil vegetable Soup* | Chunky Tomato Bisque |
| Cream of Tomato-Light in Sodium | Lentil Vegetable-Light in Sodium* |
| Potato Leek Soup | Corn Chowder |
| Chunky Vegetable Soup* | Fire Roasted Southwestern Vegetable Soup* |
| Medium Chili* | Medium Chili with Vegetables* |
| Spicy Chili* | Black Bean Chili* |
| Vegetarian Baked Beans* | Traditional Refried Beans* |
| Refried Black Beans* | Refried Beans with Green Chiles* |
| Tomato Basil Pasta Sauce* | Family Marinara Pasta Sauce* |
| Garlic Mushroom Pasta Sauce | Puttanesca Pasta Sauce |
| Wild Mushroom Pasta Sauce* | Low Sodium Marinara Pasta Sauce* |
| Pomodoro Zucca Pasta Sauce* | Medium Salsa* |
| Mild Salsa* | Black Bean & Corn Salsa |

*Also Non-dairy

Please note:

This list is not a substitute for label reading as product recipes do sometimes change.



Kitchen Inc.

P.O. Box 7868 Santa Rosa, California 95407 (707) 578-7188