



**Shifteh Aray'e  
Sharq Co.**

Agro-industry since 1994  
(Public Joint Stock Company)



**Shifteh Food Products**



## Canned Tomato Paste

- This product is made out of the finest hand-picked tomatoes and a fully-hygienic process to ensure quality and health for your family. It delivers a product that is really unrivaled in taste, color, and quality.
- Let's highlight the most important features of Shifteh Tomato Paste:
  - Made from pure and fresh tomatoes
  - Free from any preservatives and rich in Vitamin C and antioxidants
  - Produced using modern and world-standard equipment with hot-filling technology
  - Natural color and delightful aroma for authentic Persian cuisines
- High concentration, cost-effective, and delicious in every spoonful
- Shifteh Tomato Paste is available in tin cans of various sizes to suit all preferences. For consumer convenience, it comes with an easy-open lid allowing effortless use anytime.
- Your table will be more vibrant and your meals tastier than ever with Shifteh Tomato Paste. Whether for stews, pasta, cooked dishes, or homemade condiments - this paste is an exceptional choice.



## Canned Beans with Tomato Sauce

- Shifteh Bean Canned Food - A Perfect Blend of High Protein and Unmatched Flavor!
- Prepared with jalapeños, tomato sauce, special spices, and completely free from any preservatives - Shifteh canned beans offer you a complete, healthy, and ready-to-eat meal. you're managing your weight, following a specific diet, or maintaining an active lifestyle.

Thanks to its high content of pinto beans, this product is packed with essential nutrients like fiber, protein, magnesium, and potassium. Shifteh canned beans can be a healthy alternative to meat for fulfilling your daily protein needs - suitable for all age groups.

It's ready anytime - for breakfast, lunch, or dinner - with no hassle.

Enjoy a delicious taste and high nutritional value in every single bit with Shifteh canned beans!

**For the first time in Iran, a novel combination of proteins.**



## Canned Chick Peas

- Shifteh Proudly Presents Iran's First Golden Chickpea Stew (Chana Masala) in a Can!
- Shifteh Golden Chickpea Stew is a nutritious innovation crafted using chickpea broth, oat powder, and a special blend of spices. Unlike typical canned chickpeas that use brine (saltwater), Shifteh's version transforms the natural chickpea juice into a flavorful sauce that is both delicious and beneficial — making it a truly healthy choice for all ages.
- Historically, chickpea juice has been highly recommended by doctors for its nutritional value. However, most brands discard it or render it unusable by replacing it with brine. At Shifteh, we've preserved its goodness and turned it into a tasty and usable part of your meal.
- Our Golden Chickpea Stew is free from preservatives. It's perfect for preparing a variety of cuisines, including classic Chana Masala or the delicious Lebanese appetizer Hummus. It also greatly reduces cooking time when making any meal that requires cooked chickpeas — making your kitchen experience faster, easier, and more enjoyable.
- On its own, Shifteh Golden Chickpea Stew makes a hearty and nutritious snack or a powerful post-workout protein boost.

**For the first time in Iran, a novel combination of proteins.**



## **Canned Beans Mixed Pro**

- Shifteh Mix Pro Beans provide your daily protein needs with 30 grams of natural protein per can.
- Shargh Agro-Industry Company (Shifteh) for the first time in Iran. It offers a healthy and delicious blend
- Shifteh Mix Pro Beans are also an ideal choice for athletes. Thanks to their high natural protein and fiber content, they serve as a healthy alternative to synthetic supplements, helping to build and maintain muscle mass while providing long-lasting energy — whether as a main meal or a protein-rich snack.
- With its high protein content, Shifteh Mix Pro not only supports muscle retention and energy but also helps with weight management and appetite control. This natural, preservative-free product is a perfect choice for daily consumption.

### **Unique Features :**

- 30 grams of pure protein per can
- A rich combination of premium legumes (pinto beans, chickpeas, and lentils)
- No preservatives
- Filling, nutritious, and ideal for athletes and the whole family
- Suitable for all age groups

A complete meal in every can!

- Healthy, fast, and delicious – perfect for home, work, or on the go



## Canned Ghormeh Sabzi with Vegetable Protein

- The Authentic Taste of Ghormeh Sabzi, Now in a New and Healthy Choice!

When the traditional flavor of Ghormeh Sabzi meets innovation in nutrition, the result is extraordinary: Shifteh's Ghormeh Sabzi Stew with Plant-Based Meat — is perfect for anyone seeking a healthy and high-protein diet.

Shifteh's Ghormeh Sabzi Stew is one of the most beloved and traditional Iranian cuisines, cherished not only in Iran but also by fans around the world.

Prepared with plant-based meat and freshly sautéed herbs, Shifteh's Ghormeh Sabzi delivers that classic homemade taste — free from preservatives, suitable for the whole family, and ideal for anyone embracing a healthy lifestyle or looking to save time.

With Shifteh's Ghormeh Sabzi Stew, there's no need to cook or decide what to eat — just open, heat, eat, and enjoy!



## Canned Ghaymeh with Vegetable Protein

- The Authentic Taste of Gheymeh Stew — Now in a New and Healthy Choice!

Shifteh's Gheymeh Stew with Plant-Based Meat is a perfect choice for anyone looking for a healthy and high-protein meal.

Shifteh's Gheymeh Stew is a beloved and traditional Iranian cuisine – historically known as Gheymeh Hazrati – and remains popular not only among Iranians but also among food-lovers around the world.

homemade flavor and aroma, Shifteh's Gheymeh Stew contains no preservatives, making it an ideal meal for families, health-conscious individuals, and anyone seeking convenience without compromising on taste.

need to cook or decide what to make – just open it, heat it, eat it, and enjoy!

# Canned Fried Vegetables

- Cook Fast and Eat Healthy with Shifteh's Fried Herb Mix! Experience a quick and healthy cooking with Shifteh's Fried Herb Mix, made from a carefully-selected blend of fresh herbs — thoroughly washed, finely chopped, and lightly sautéed to preserve the authentic aroma and taste of traditional Iranian stews .
- This product helps you save valuable time and is especially ideal for working individuals . No more trips to the market, no more washing, chopping, or frying herbs — Shifteh has done it all for you .
- amount of natural spices and oil to enhance the flavor . The quantity is perfectly portioned for preparing one meal of Ghormeh Sabzi or Kuku Sabzi, though it's also great for cuisines like Ash (herb soup), Sabzi Polo (herbed rice), and many other traditional Iranian recipes .
- All Shifteh products are made by Shifteh Araye Sharq Co ., using the finest herbs and fruits sourced from the orchards of Khorasan Razavi Province . Our ingredients are processed by state-of-the-art technology to ensure maximum freshness, convenience, and health benefits .
- Just add meat, beans, and dried limes — and you'll have a rich, fragrant Ghormeh Sabzi ready to enjoy in less than 30 minutes!



# Canned Estanbuli Sauce

- Shifteh's Canned Bean Stew Base (Istanbuli Pilaf) — A Smart Choice for Those Who Value Both Traditional Taste and Convenience!
- This product is a ready-made blend of plant-based meat, fresh green beans, natural tomato paste, and authentic Iranian spices, fully cooked and perfectly seasoned — ready to enjoy. Simply mix it with steamed rice or cook it together with rice to have a fragrant and delicious Estanbuli Pilaf on your table in no time.

Shifteh's Canned Bean Stew base is produced without preservatives, packed safely and hygienically, and guarantees long shelf-life without loss of quality. It's an excellent and quick choice for home, workplace, travel, dormitories, or even restaurant kitchens.

Lasting flavor, consistent quality, and ease of use — that's Shifteh. The number one protein brand, now with a product that delivers authenticity and convenience in every spoonful.





## Canned Pasta Sauce with soya

- Shifteh's Soy Pasta Sauce – A Delicious and Quick Solution for a Complete Pasta Meal!

What makes pasta so versatile is the variety of sauces served alongside it.

- Shifteh's Soy Pasta Sauce is made from high-quality soy, natural tomato paste, sautéed onions, and a blend of authentic spices, delivering the classic flavor and aroma of meat sauce – but entirely plant-based.

This ready-to-use sauce pairs perfectly with pasta, lasagna, or even in samosas, allowing you to prepare a complete, healthy, and tasty meal in minutes.

Shifteh's Pasta Sauce is free from preservatives and harmful additives. It is light, nutritious, and very cost-effective – ideal for students, office workers, busy mothers, or anyone who values healthy eating and time-saving.

Enjoy the authentic taste of an Italian-Iranian meal without the hassle with Shifteh's Pasta Sauce.

# Canned Mix Vegetables

- Shifteh's Mixed Vegetables - Colorful, Nutritious, and Ready in an Instant! If you're looking to enhance your dishes with flavor, color, and the nutritional benefits of vegetables, Shifteh's Mixed Vegetables is a perfect choice.
- Rich in vitamins, fiber, and essential minerals, Shifteh's Mixed Vegetables are carefully selected from fresh product, cooked, and packed under strict hygienic standards. You bring a touch of freshness and health to each plate with this product.

**Key Features of Shifteh's Mixed Vegetables :**

Contains green peas, carrots, and sweet corn

No preservatives

Perfect for Olivier salad (Russian salad), soups, mixed rice dishes, pasta, vegetarian pizza, and a variety of plant-based meals.

Cooking becomes faster, healthier, and tastier than ever with Shifteh's Mixed Vegetables – an excellent choice for everyone, especially those following a vegetarian diet.





## Canned Green Peas

- Shifteh canned green peas capture the fresh essence of the farm – tender, vibrant peas harvested at peak ripeness, lightly steamed, and processed using the latest technologies in strictly-hygienic conditions to preserve their natural taste and nutrients .
- Including Shifteh green peas in your meals supports your cardiovascular health and may reduce the risk of stroke due to their high fiber content . Additionally, regular consumption of green peas is recommended to help prevent various cancers such as colon, breast, ovarian, and prostate cancer – keeping your body healthy and strong .
- Free from preservatives, Shifteh Canned Green Peas are incredibly versatile and can be used in dishes like Olivier salad, vegetable stews, rice dishes, pasta, or even as a healthy and delicious side .
- for busy lifestyles . Unlike frozen peas, which often lose their aroma and flavor over time, Shifteh Green Peas retain the true taste and nutritional value of fresh peas . That's why we recommend replacing long-frozen green peas with Shifteh's Premium Canned Green Peas – a fresher, tastier, and more convenient alternative .



## Canned Sweet Corn

- Shifteh Canned Sweet Corn offers a naturally sweet and pleasant flavor made from fresh corn that's quickly cooked and sealed at peak freshness to fully preserve its taste and nutritional value. The large, golden-yellow, uniform kernels have a soft and tender texture and are completely free from preservatives.

Rich in fiber, antioxidants, B vitamins, and folic acid (Vitamin B9), Shifteh Sweet Corn is a healthy choice – perfect as a snack, in salads, international dishes, pasta, pizza toppings, food decoration, or even on its own as a delicious bite.

If you want to stay youthful and maintain healthy, glowing skin, adding sweet corn to your diet is a must. Just open, heat, and serve! Shifteh Canned Sweet Corn is ideal for both home use and for restaurants, catering services, and preparing healthy or diet-friendly meals.

A natural, delightful flavor – in every spoonful.

# Canned Eggplant

- Shifteh Canned Eggplant Stew is a delicious, traditional blend of eggplant, tomatoes, onions, and garlic – prepared in a classic style with an irresistible aroma. It can be served either as an appetizer or a full meal.
- This product uses specially processed eggplants that are non-allergenic and safe even for those who are normally sensitive to eggplant. The recipe follows a homemade style, offering a taste reminiscent of grandma's cooking. Shifteh Eggplant Stew is well-cooked, low in oil, preservative-free, and has a smooth and soft texture. It's perfect to enjoy with bread, as a side dish, or as a light and healthy meal for lunch or dinner. Thanks to its hygienic packaging, long shelf-life, and ready-to-eat convenience, it's a great choice at home, during travel, at work, or on picnics. If you're looking for a flavorful, healthy, and authentic cuisine, then Shifteh Eggplant Stew is a risk-free and ever-delicious option. Rich in fiber, eggplant helps relieve stomach discomfort, supports better digestion, and reduces constipation. Eggplant is also packed with powerful antioxidants that help detoxify and cleanse the liver. Additionally, it contains iron and copper, which support the red blood cell production and can help treat anemia. Eggplant Stew include Kashk-e Bademjan, Mirza Ghasemi, Yatimcheh, and stuffed eggplant (Dolmeh Bademjan). It can also be enjoyed on its own with bread as a complete and satisfying meal.





## Canned Lentils

- Shifteh Canned Lentil Stew is a healthy, simple, and delicious choice for any time of day.
- Prepared with premium-quality lentils, natural tomato paste, and a special blend of warm, aromatic spices, this stew delivers a rich, homemade flavor, and comforting aroma. plant-based protein, iron, fiber, and B vitamins – making it an excellent option for boosting energy, regulating blood sugar, and supporting digestive health. It's especially suitable for children and can easily serve as a warm breakfast, a nutritious afternoon snack, or a light yet wholesome lunch or dinner.

Shifteh Canned Lentil Stew is ready to eat, preservative-free, and tastes remarkably close to a homemade dish. Whether you're at home, at work, at school, or on the go, it's the perfect companion for those who value healthy, quick, and delicious meals.

# Canned Cherry

- Shifteh Cherry Compote is one of the most delicious and internationally-loved types of compotes, often used as a garnish for various desserts and cakes, or even enjoyed as a nutritious snack on its own .
- Shifteh Cherry Compote offers a rich, pleasant, and visually appealing taste of a unique and beloved fruit, preserving the freshness of nature in every spoonful very well .  
This compote is made from fresh, large, and fully-ripe cherries that are carefully pitted and processed in a light natural syrup .
- Its vibrant red color, delightful aroma, and natural flavor make it a luxurious and healthy choice for desserts, snacks, or as a topping for ice cream, yogurt, cakes, and even beverages .  
Free from any preservatives, Shifteh Cherry Compote contains only the true taste of real fruit . Rich in antioxidants, vitamin C, and potassium, it not only tastes great but also helps strengthen the immune system and support overall health .





## Canned Peach

- Shifteh Peach Compote offers a delicate, colorful, and delightful taste of summer, with every spoonful bursting with natural sweetness and freshness. It is an excellent choice for those who value authentic flavor, health, and high quality.
- It is an excellent choice for those who value authentic flavor, health, and high quality.
- This product is made from fresh, ripe, and hand-picked peaches that are carefully peeled, sliced, and gently cooked in a natural light syrup to preserve the fruit's genuine and pleasant taste.
- soft texture, pleasant aroma, and balanced sweetness. Rich in fiber, antioxidants, and vitamins A and C, this compote is a perfect option for daily consumption, hosting, children's nutrition, or pairing with desserts such as ice cream, yogurt, and homemade cakes, either as an ingredient or decoration.
- With its hygienic and durable packaging, long shelf-life, and ready-to-eat convenience, Shifteh Peach Compote is an ideal companion at home, on trips, or during gatherings. Prepared from the finest peaches grown in the orchards of Khorasan Razavi and processed using the most advanced technologies, it delivers a healthy and high-quality experience to consumers.





## Canned Pear

- When the freshness of a ripe pear meets the delicacy of a light natural syrup, the result is nothing but Shifteh Pear Compote .
- Shifteh Pear Compote is made from ripe, juicy, and sweet pears that are carefully peeled and gently cooked to deliver an authentic taste, a pleasant texture, and a delightful aroma in every spoonful .  
guests, as a dessert, a snack, a topping for homemade cakes, or even a light and enjoyable meal .  
Rich in fiber, vitamin C, and natural nutrients, it's suitable for all ages .  
The antioxidant properties of this autumn fruit make it a powerful anti-inflammatory that helps cleanse the lungs and reduce inflammation-related pain . The fiber in pears forms bulk with food, which helps it pass more easily through the intestines .
- Shifteh Pear Compote contains no preservatives–just the pure taste of fruit in a mild and light syrup .  
Whether you're at home, a party, traveling, or at work, Shifteh brings you a reliable and authentic taste, wherever you are .

# Canned Apple

- Shifteh Apple Compote is a gentle and delightful taste straight from nature—a slice of fresh, sweet, and aromatic apples carefully selected and gently cooked in a light, natural syrup. Shifteh Apple Compote offers a soft texture, balanced flavor, and natural sweetness, with no preservatives added. Rich in antioxidants, fiber, and vitamin C, it's an excellent support for digestion, immune system boosting, and daily energy.
- Shifteh Apple Compote can be enjoyed as a healthy dessert, a light breakfast, an ingredient for homemade cakes, or a nutritious snack for both children and adults. Its hygienic, long-lasting packaging makes it a perfect companion at home, at work, at parties, or while traveling. One spoonful of Shifteh Apple Compote delivers a naturally soothing and always lovable taste.





## Canned Sour Cherry

- The sweet and tangy taste of warm summer days comes vividly to life with the very first spoonful of Shifteh Sour Cherry Compote. Shifteh Sour Cherry Compote is made from large, healthy, and vibrant sour cherries, harvested at peak ripeness, then processed and preserved in a light and natural syrup. No preservatives—just a pure, clear flavor full of freshness.
- With its natural color and delightful aroma, Shifteh Sour Cherry Compote is a perfect choice for homemade desserts, mixed with yogurt, cake decoration, or even refreshing summer drinks. but also beneficial for your health.
- Thanks to its hygienic, ready-to-eat packaging, Shifteh Sour Cherry Compote is a uniquely vibrant and tasty companion at any time of day.

# Carrot Jam

- Shifteh Carrot Jam is a delicate blend of soft, glistening pieces of fresh carrot, gently cooked in a light and golden syrup. Infused with fragrant notes of rosewater, cardamom, and saffron, it brings a warm, nostalgic, and soothing taste to your breakfast table. Prepared in a homemade style with a well-balanced recipe — not overly sweet, not too loose or too firm — just a perfectly authentic flavor straight from nature. The carrots used in Shifteh Carrot Jam are fresh, thoroughly washed, and carefully julienned or grated to retain their natural color and release their full aroma and flavor during the cooking. Made without preservatives, using only natural and wholesome ingredients.
- Shifteh Carrot Jam is rich in beta-carotene (pro-vitamin A), fiber, and natural antioxidants, which not only add flavor but also support the eye health, skin vitality, and a strong immune system. It pairs wonderfully with buttered bread, pancakes, carrot cake, sponge cakes, or even plain yogurt — perfect for breakfast, afternoon tea, or serving guests with refined taste. Shifteh Carrot Jam — a beautiful fusion of tradition, wellness, and elegance in a golden jar.



# Sour Cherry Jam

- **Shifteh Sour Cherry Jam - A Captivating Harmony of Sweetness, Tartness, and Ruby Red Elegance**  
Shifteh Sour Cherry Jam is an irresistible blend of sweet and tangy flavors, a vibrant ruby hue, and the delightful aroma of authentic fruit — bringing a real smile to the start of your day. This exceptional jam is made from large, fresh, hand-picked sour cherries — harvested at their peak ripeness to preserve the true taste of the fruit in every spoonful.
- **The cooking process is carefully controlled at gentle temperatures to ensure the cherries retain their soft texture and natural color. No preservatives — just a pure combination of fresh fruit and the lowest possible amount of refined sugar.** Shifteh Sour Cherry Jam is not only a delicious spread but also a beautiful topping and flavor enhancer for traditional Faloodeh Shirazi, ice cream, and homemade cakes.
- **With its natural antioxidants, potassium, and vitamin C, Shifteh Sour Cherry Jam stands out as a healthier alternative among sweet treats — offering both flavor and nourishment in every bite.**





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