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Recipe

Irish Beer Beef Stew

- 1 can (14.5 ounces) Survivalcavefood beef
- 1/2 pound carrots, peeled and cut into 1-inch chunks
- 3 large potatoes, peeled and cut into large chunks
- 1/2 white onion, cut into large chunks
- 2 cloves garlic, minced
- 1 cup beef broth
- 1 can (6 ounces) tomato paste
- 1/2 can or bottle (12 fluid ounces) Irish stout beer
- 1/2 tablespoon cold water
- 1/2 tablespoon cornstarch

Place the carrots, potatoes, onion and garlic in a large slow cooker. Place the Survivalcavefood Brand beef on top of the vegetables. Mix together the beef broth and tomato paste and pour into the slow cooker along with the beer. Cover and cook on High for 6 hours or Low for 8 hours. During the last hour before serving, dissolve the cornstarch in cold water and then stir into the broth. Simmer on the High setting for a few minutes

Other uses:

- Beef stew • Chili • Soups • Beef & Noodles • Tacos

Use any of your family recipes with cooked chicken, beef, turkey, pork or ground beef as ingredients. Substitute Survivalcavefood Heat & Serve Meats for a delicious, quick and familiar meal.

Serving suggestion



*All Natural**

- Fully Cooked
- No Added Water

*Contains no artificial ingredients. Is only minimally processed.

LONG TERM FOOD STORAGE

Heat & Serve

BEEF

NET WT. 14.5 OZ. (411g)

Nutrition Facts

Serving Size 3 oz. (85g)
Servings Per Container About 5

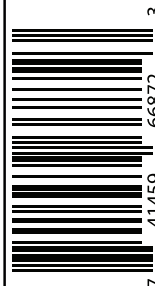
Amount Per Serving			
Calories 110	Calories from Fat 45	% Daily Value*	
Total Fat 5g		8%	
Saturated Fat 3.5g		18%	
Trans Fat 0g			
Cholesterol 45mg		15%	
Sodium 180mg		8%	
Total Carbohydrate 0g		0%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 17g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 20%		
* 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

INGREDIENTS:
Beef, salt.
Refrigerate after opening.

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Recipe

Quick and Easy Chicken Cacciatore

- 1 can (14.5 ounces) Survivalcavefood chicken
- Salt and freshly ground black pepper
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon crushed red pepper flakes
- 2 cloves garlic, crushed and minced
- 1 small bunch of fresh flat leaf parsley (chopped finely)
- 1/2 cup chicken broth or stock
- 1 can (14.5 ounces) crushed tomatoes
- 8 ounces egg ribbons or egg fettuccini, cooked to al dente

Heat a large nonstick skillet over medium high heat with olive oil. Add crushed pepper and garlic. Season with salt and sauté for three minutes. Add chicken broth, then stir in the tomatoes and chopped parsley. Add Survivalcavefood Brand chicken and break up with spoon. Simmer sauce 5 minutes to allow the flavors to combine. Toss pasta with cacciatore and serve with crusty bread and grated cheese.

Other uses:

- Chicken stew • Chili • Soups • Chicken & Noodles • Tacos

Use any of your family recipes with cooked chicken, beef, turkey, pork or ground beef as ingredients. Substitute Survivalcavefood Heat & Serve Meats for a delicious, quick and familiar meal.

Serving suggestion



*All Natural**

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- No Added Water

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LONG TERM FOOD STORAGE

Heat & Serve

CHICKEN

NET WT. 14.5 OZ. (411g)

Nutrition Facts

Serving Size 3 oz. (85g)
Servings Per Container About 5

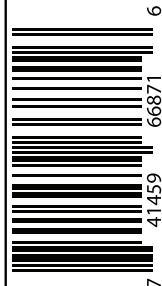
Amount Per Serving			
Calories 90	Calories from Fat 15		
		% Daily Value*	
Total Fat 1.5g			2%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 35mg			12%
Sodium 150mg			6%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 18g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 10%		
* 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

INGREDIENTS:
Chicken, salt.
Refrigerate after opening.

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Recipe

Hearty Chili Mac with Ground Beef

- 1 can (14.5 ounces) Survivalcavefood ground beef
- 8 ounces of dry small macaroni
- ½ cup chopped onion
- 2 cloves finely minced garlic
- 1 can (15 ounces) red kidney beans, drained, rinsed
- 1 can (14.5 ounces) diced tomatoes
- 1 can (8 ounces) tomato sauce
- 1 pkg chili seasoning mix
- 2 tbs vegetable oil

Cook macaroni according to package directions. Meanwhile, put onions, garlic and oil in large skillet over medium-high heat; sprinkle with salt. Sauté until they are softened and onions start to become clear. Stir in beans, un-drained tomatoes, tomato sauce and chili seasoning mix. Bring to a boil. Cover, reduce heat to low and simmer 10 minutes, stirring occasionally. Drain macaroni; stir into meat mixture.

Other uses:

- Beef stew • Chili • Soups • Beef & Noodles • Tacos

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Serving suggestion



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LONG TERM FOOD STORAGE

Heat & Serve

GROUND BEEF

NET WT. 14.5 OZ. (411g)

Nutrition Facts

Serving Size 3 oz. (85g)
Servings Per Container About 5

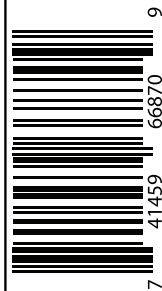
Amount Per Serving		% Daily Value*	
Calories 110	Calories from Fat 45		
Total Fat 5g		8%	
Saturated Fat 3.5g		18%	
Trans Fat 0g			
Cholesterol 45mg		15%	
Sodium 180mg		8%	
Total Carbohydrate 0g		0%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 17g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 20%		
* 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

INGREDIENTS:
Beef, salt.
Refrigerate after opening.

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Recipe

Mexican Style Hearty Pork and Rice

1 can (14.5 ounces) of Survivalcavefood pork (drained and chopped)
1/2 cup long grain rice
2 Tbsp. vegetable oil
1/4 chopped onion
1/4 cup chopped green pepper
1 Tbsp. chile powder
1 clove garlic; finely chopped
1/4 cup diced tomatoes
1 cup chicken stock
1/2 tsp. salt

Heat oil in a small sauce pan over medium heat. Add rice and cook (stirring frequently to prevent burning) for 5 minutes. Add onion, green pepper and chili powder and continue cooking for 5 minutes, stirring often. Stir in garlic and cook 1 minute longer. Add tomatoes, chicken stock, Survivalcavefood Brand pork (chopped) and salt and bring to a boil. Cover tightly and cook over low heat for 20 minutes. Remove from heat and allow to sit, covered, for another 5 minutes then fluff with a fork.

Other uses:

• Pork stew • Chili • Soups • Pork & Noodles • Tacos

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Serving suggestion



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LONG TERM FOOD STORAGE

Heat & Serve

PORK

NET WT. 14.5 OZ. (411g)

Nutrition Facts

Serving Size 3 oz. (85g)
Servings Per Container About 5

Amount Per Serving

Calories 100	Calories from Fat 30
% Daily Value*	

Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	

Cholesterol 65mg	22%
Sodium 180mg	8%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Sugars 0g	

Protein 18g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

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

* 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

* 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

INGREDIENTS:
Pork, salt.

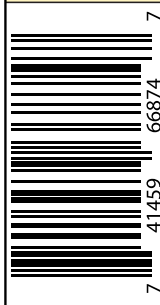
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Recipe

Delicious Turkey Stuffed Peppers

- 4 red, green or yellow bell peppers, tops sliced off and chopped up
- 2 cups leftover rice or couscous
- 1 can (14.5 ounces) Survivalcavefood turkey (chopped)
- 1 teaspoon dried basil
- 1 tablespoon fresh chopped parsley
- 1/2 cup chicken stock
- 2 scallions, chopped

Preheat the oven to 350°F. Slice off tops of bell peppers, remove seeds and discard. Chop up the bell pepper tops and place into a large bowl. Add rice or couscous, chopped Survivalcavefood Brand meat, dried basil, parsley, chicken stock and scallions. Toss to combine and season with salt and pepper. Stuff each pepper with filling and place in a square baking dish. Bake 45 minutes or until tender.

Other uses:

- Turkey stew • Chili • Soups • Turkey & Noodles • Tacos

Use any of your family recipes with cooked chicken, beef, turkey, pork or ground beef as ingredients. Substitute Survivalcavefood Heat & Serve Meats for a delicious, quick and familiar meal.

Serving suggestion



*All Natural**

- Fully Cooked
- No Added Water

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LONG TERM FOOD STORAGE

Heat & Serve

TURKEY

NET WT. 14.5 OZ. (411g)

Nutrition Facts

Serving Size 3 oz. (85g)
Servings Per Container About 5

Amount Per Serving		% Daily Value*	
Calories 110	Calories from Fat 20		
Total Fat 2.5g		4%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 65mg		22%	
Sodium 180mg		8%	
Total Carbohydrate 0g		0%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 21g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 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

INGREDIENTS:
Turkey, salt.
Refrigerate after opening.

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