



**SurvivalCaveFood.com™**  
Helping Families Prepare



**SurvivalCaveFood.com™**  
Helping Families Prepare

NO TYPE OR PRINT IN THIS AREA

*Recipe*

*Spaghetti Sauce*

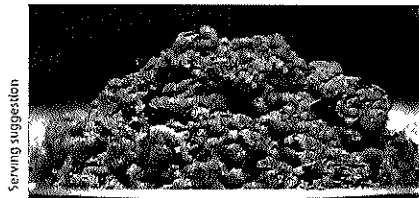
- 1 – 28 oz can Survivalcavefood heat and serve Ground Beef
- 2 tbs of olive oil
- 2 small onions diced fine
- 2 tbsp of Italian spices
- 2 tsp garlic powder
- 28 oz of canned crushed tomatoes
- 18 oz can of tomato paste
- 1 cup of cold water

Place over high heat. Add onions and spices, garlic powder and olive oil. Saute until onions are translucent. Add remaining ingredients, lower heat and simmer for 1 hour. Serve over your favorite cooked pasta.

**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

**LONG TERM FOOD STORAGE**

Heat & Serve

**GROUND BEEF**

NET WT. 28OZ (1LB. 12OZ.)

**Nutrition Facts**

Serving Size 3 oz (85g)  
Servings Per Container About 9

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

**Product of the USA**



**DISTRIBUTED BY**

Survivalcavefood.com  
1021 Executive Blvd, Suite 102  
Chesapeake, VA 23320

