



SurvivalCaveFood.com™
Helping Families Prepare



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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

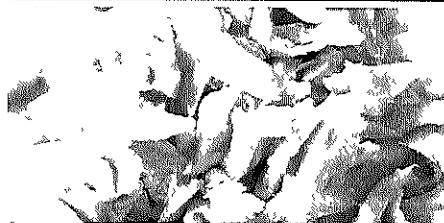
Heat a large nonstick skillet over medium high heat with olive oil. Add crushed pepper and garlic. Season with salt and saute for three minutes. Add chicken broth, then stir in the tomatoes and chopped parsley. Add Survivalcavefood Brand chicken and break up with spoon. Simmer sauce 5 minutes to allow 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**

- Fully Cooked
- No Added Water

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

