



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 chile 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

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 colors or flavors

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%

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
Refrigerate after opening

Product of the USA



DISTRIBUTED BY

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

