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Helping Families Prepare



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NO TYPE OR PRINT IN THIS AREA

Recipe

Beef Stroganoff

- 28oz can Survivalcavefood Beef
- 8oz Sour Cream
- 1 can Condensed Mushroom Soup

Heat mushroom Soup and natural juices from Survivalcavefood Beef together in deep pan (10 minutes approx) Add Beef and heat through Stir in sour cream and serve hot over egg noodles or rice Preparation time 20 minutes!

Other uses:

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

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

Serving suggestion



*All Natural**

- Fully Cooked
- No Added Water

*As Inspected and Passed by U.S. Department of Agriculture

LONG TERM FOOD STORAGE

Heat & Serve

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 diet of 2,000 calories a day. 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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