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SurvivalCaveFood.com
Helping Families Prepare

Recipe *Chicken Chili with Cornmeal Dumplings*

2 Cups **Survivalcavefood Heat & Serve Chicken** shredded
Cornmeal Dumplings (recipe below)
½ Cup shredded Cheddar cheese
1 Can (15 ounces) tomato sauce
2 Cans (15 ounces each) spicy chili beans (undrained)
1 Can (about 8 ounces) whole kernel corn, drained

Mix chicken and tomato sauce in 4 – quart Dutch oven Heat to boiling reduce heat Cover and simmer 5 minutes, stirring occasionally Stir in beans and corn Heat to boiling, reduce heat to low Prepare dumplings Drop by 12 spoonfuls onto hot chili Cook uncovered 10 minutes Cover and cook 10 minutes longer Sprinkle with cheese Cover and cook about 3 minutes or until cheese is melted

Dumplings:
1 ½ Cups Bisquick Original or Reduced Fat baking mix
¼ Cup cornmeal
2/3 Cup milk
Mix all ingredients until soft dough forms.
(No changes needed for high altitude)
6 servings

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.

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*All Natural**
- *Fully Cooked*
- *No Added Water*

*Heat and eat as is or heat and add to your favorite recipes in a microwave or stove top pressure cooker

LONG TERM FOOD STORAGE

Heat & Serve

CHICKEN

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

Nutrition Facts

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

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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