



**SurvivalCaveFood.com**  
Helping Families Prepare



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NO TYPE OR PRINT IN THIS AREA

*Recipe*

*Pork Taco Salad*

- 1 - 28 oz. can Survivalcavefood Heat & Serve Beef, shredded
- 1 head Iceberg Lettuce
- 1 large Tomato, chopped in large pieces
- 1 bunch Green onions, sliced with tops
- 1 8oz. pkg. Shredded cheddar cheese
- Toss all ingredients

Top with

Taco flavored Doritos, broken into pieces and  
Creamy Italian Salad dressing. Preparation time 20 minutes!

*Other uses:*

- Stew • Chili • Soups • Pork and 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 reported on label. Contains no trans fats.

**LONG TERM FOOD STORAGE**

Heat & Serve

**PORK**

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

**Nutrition Facts**

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

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 160mg    6%

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

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