



*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.



*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**

**Total Fat 1.5g**      **% Daily Value\***

**Saturated Fat 1g**      **5%**

**Trans Fat 0g**

**Cholesterol 35mg**      **12%**

**Sodium 150mg**      **6%**

**Total Carbohydrate 0g**      **0%**

**Dietary Fiber 0g**      **0%**

**Sugars 0g**

**Protein 16g**

**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

**Product of the USA**



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