



**SurvivalCaveFood.com™**

Helping Families Prepare

*Recipe*

*Delicious Turkey Stuffed Peppers*

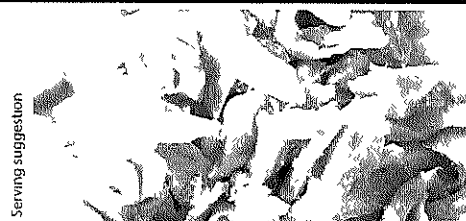
- 4 red, green or yellow bell peppers, tops sliced off and chopped up
- 2 cups leftover rice or couscous
- 1 can (14.5 ounces) Survivalcavefood turkey (chopped)
- 1 teaspoon dried basil
- 1 tablespoon fresh chopped parsley
- 1/2 cup chicken stock
- 2 scallions, chopped

Preheat the oven to 350°F. Slice off tops of bell peppers, remove seeds and discard. Chop up the bell pepper tops and place into a large bowl. Add rice or couscous, chopped Survivalcavefood Brand meat, dried basil, parsley, chicken stock and scallions. Toss to combine and season with salt and pepper. Stuff each pepper with filling and place in a square baking dish. Bake 45 minutes or until tender.

**Other uses:**

- Turkey stew • Chili • Soups • Turkey & 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

**TURKEY**

NET WT. 14.5 OZ. (411g)

**Nutrition Facts**

Serving Size 3 oz. (85g)  
Serving Per Container About 5

**Amount Per Serving**

Calories 110	Calories from Fat 20	% Daily Value*	
Total Fat 2.5g			4%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 65mg			22%
Sodium 180mg			8%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 21g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 0%		

\* 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**  
Turkey, salt  
Refrigerate after opening  
**Product of the USA**



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