SurvivalCaveFood.com™
Helping Families Prepare

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Recipe

Hearty Chili Mac with Ground Beef

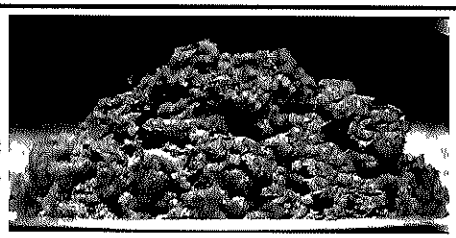
1 can (14 5 ounces) Survivalcavefood ground beef
8 ounces of dry small macaroni
½ cup chopped onion
2 cloves finely minced garlic
1 can (15 ounces) red kidney beans, drained, rinsed
1 can (14 5 ounces) diced tomatoes
1 can (8 ounces) tomato sauce
1 pkg chili seasoning mix
2 tbls vegetable oil

Cook macaroni according to package directions Meanwhile, put onions, garlic and oil in large skillet over medium-high heat, sprinkle with salt Saute until they are softened and onions start to become clear Stir in beans, un-drained tomatoes, tomato sauce and chili seasoning mix Bring to a boil Cover, reduce heat to low and simmer 10 minutes, stirring occasionally Drain macaroni, stir into meat mixture

Other uses:
• Beef stew • Chili • Soups • Beef & 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.

Serving suggestion



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

LONG TERM FOOD STORAGE

Heat & Serve

GROUND BEEF

NET WT. 14.5 OZ. (411g)

Nutrition Facts

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

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 2,000 calo le d et. Your daily values may be higher or lower depending on your calorie needs

	Calories	2 000	2 500
Total Fat	Less than	65g	80g
Satu ated 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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