



Dehydrated meals for hiking and outdoor activities.

Check to make sure you have the latest catalog:

Prices subject to change based on market cost

No Preservatives or artificial ingredients added.

[You may order from our website @ http://hawkvittles.com/](http://hawkvittles.com/)

Meals may be special ordered, with certain ingredients or spices omitted

Prices and products subject to change

Catalog #

1/22/2010

		Single Serving	Double Serving	Single Serving Weight (Ounces)
<i>Hawk Vittles "Snuggie"</i>	An insulated wrapper to keep your Hawk Vittles hot when rehydrating them in the pouch.	\$3.95	\$4.95	

BREAKFASTS

Breakfast Casserole	Egg, mushroom, onion, milk, cheese, whole grain bread, olive oil	\$5.50	\$9.95	5.5
Breakfast Grits, Bacon, Egg & Cheese	Grits, egg, milk, bacon bits, butter, hot sauce, cheddar & parmesan cheese.	\$5.50	\$9.95	5.0
Country Quiche	Potatoes, mushroom, onion, milk, egg, TVP, olive oil, parmesan cheese	\$5.95	\$10.95	5.0
Hash Browns with Egg & Sausage	Potatoes, egg, pork sausage, parmesan cheese, olive oil	\$5.50	\$9.95	5.0
Instant Oatmeal	Rolled oats, nuts, milk, brown sugar, cinnamon	\$4.50	\$7.95	4.0
Packers Potatoes Plus	Potatoes, onion, garlic, spaghetti sauce, salsa, pinto beans, olive oil	\$5.50	\$9.95	6.0

SPREADS

Creamy Tuna Spread	Tuna, white beans, salsa		\$5.95	4.0
Peanut Butter & Garbanzo Spread	Peanut Butter, garbanzos, scallions, fruit juice		\$5.95	4.0
Some Like It Hot Bean Spread	Pinto beans, green chilies, salsa		\$5.95	3.0

PASTA & CASSEROLE DISHES

		Single Serving	Double Serving	
Buffalo Pasta	Bison, farfalle pasta, crushed tomatoes, white beans, salsa, parmesan cheese	\$6.50	\$11.95	5.0
Cashew Curry	Cashews, onion, mushroom, couscous, garlic, crushed tomatoes, TVP, raisins, canola oil	\$6.50	\$11.95	4.5
Chicken Pilaf	Chicken, chicken stock, buckwheat groats, onion, bell pepper, carrot, garlic, spaghetti sauce, olive oil	\$5.95	\$10.95	5.0
Clam Vermicelli	Clams, pasta, mushroom, crushed tomatoes, parmesan cheese, olive oil,	\$6.50	\$11.95	4.5
Cowboy Pasta	Ground beef, farfalle pasta, crushed tomatoes, white beans, salsa, parmesan cheese	\$5.50	\$9.95	5.0
Crab Fettuccini with Parsley Mint Sauce	Crabmeat, crushed tomatoes, lemon juice, fettuccini, parsley, mint. Olive oil	\$6.95	\$12.95	4.5

Crab Frittata	Crabmeat, egg, milk, parmesan cheese, angel hair pasta, olive oil	\$6.95	\$12.95	4.0
Devils Gate Crab Casserole	Crabmeat, fettuccini, mayonnaise, onion, bell pepper, celery, hot sauce, butter	\$6.95	\$12.95	5.0
Hot Italian Sausage & Pasta	Hot Italian sausage, onion, bell pepper, spaghetti sauce, elbow macaroni, olive oil	\$5.50	\$9.95	6.0
Lasagna	Lasagna noodles, ground beef, spaghetti sauce, onion, garlic, red pepper flakes, cheese	\$5.95	\$10.95	5.0
Linguini with mushroom Sauce	Linguini, mushroom, onion, whole wheat flour, white beans, parmesan cheese, olive oil	\$5.95	\$10.95	5.5
Saucy Tuna	Tuna, garlic, onion, crushed tomatoes, green chilies, vermicelli, parmesan cheese, olive oil	\$5.50	\$9.95	5.0
Shrimp Cappellini	Shrimp, angel hair pasta, onion, mushroom, crushed tomatoes, wine, olive oil	\$6.95	\$12.95	5.0
Shrimp Jambalaya	Shrimp, Quinoa, crushed tomatoes, white beans, mushroom, onion, garlic, olive oil	\$6.95	12..95	4.5
Shrimp Whimsy	Shrimp, angel hair pasta, scallions, snap peas, ginger, sesame oil, pineapple	\$6.95	\$12.95	4.5
Sierra Spaghetti	Linguini, mushroom, onion, black olives, white beans, red pepper, spaghetti sauce, olive oil	\$5.50	\$9.95	6.0
Southwest Lasagna	Ground beef, ricotta, Monterey Jack & parmesan cheese, salsa, spaghetti sauce, lasagna noodles	\$6.50	\$11.95	5.0
Spicy Chicken	Chicken, crushed tomatoes, onion, garlic, green chilies, vermicelli, olive oil	\$5.50	\$9.95	6.0
Stir-Fry Salmon	Salmon, quinoa, onion, garlic, bell pepper, crushed tomatoes, wine, jalapenos, olive oil	\$6.50	\$11.95	4.5
Sweet Italian Sausage & Pasta	Sweet Italian sausage, onion, bell pepper, spaghetti sauce, elbow macaroni, olive oil	\$5.50	\$9.95	6.0

SOUPS, STEWS & CHILI

		Single Serving	Double Serving	
Beef Stew	Beef, beef stock, onion, carrot, white beans, couscous, chili powder, olive oil	\$5.50	\$9.95	4.0
Bison Stew	Bison, stock, onion, carrot, white beans, couscous, chili powder, olive oil	\$6.50	\$11.95	4.0
Black Bean Stew	Black beans, riso, vegetable stock, scallions, green chilies, garlic, olive oil, hot sauce, Worcestershire sauce	\$5.50	\$9.95	4.0
Bacon Baked Beans	Baked beans, bacon, crushed tomatoes, honey, onion, liquid smoke, olive oil	\$5.50	\$9.95	4.5
Cheddar Cheese Soup Plus	Cheddar cheese, onion, celery, carrot, whole wheat flour, vegetable stock, couscous, milk, hot sauce, sherry, parmesan cheese	\$5.50	\$9.95	5.0
Fiesta Frijoles	Pinto beans, onion, garlic, bell pepper, chopped tomatoes, green chilies, Monterey Jack cheese, canola oil	\$5.50	\$9.95	4.0
Moroccan Stew	Vegetable stock, white beans, mushroom, carrot, bell pepper, honey, black olives, couscous, lemon juice, olive oil	\$5.50	\$9.95	3.5
North African Stew	Eggplant, carrot, onion, white beans, crushed tomatoes, couscous, mint, olive oil	\$5.50	\$9.95	3.5
Peanut Soup	Peanut oil, peanut butter, onion, bell pepper, garlic, stock, green chilies, couscous	\$5.50	\$9.95	3.5
Potato Soup Parmesan	Potatoes, stock, TVP, milk, parmesan cheese	\$5.50	\$9.95	4.5
Seafood Stew	Fish, shrimp, wine, onion, celery, crushed tomatoes, orzo	\$7.50	\$13.95	4.5
Southwest Chili	Pinto beans, onion, garlic, TVP, cloves, crushed tomatoes, chili powder, honey, hot sauce	\$5.50	\$9.95	4.0