

HAWK VITTLES

Pack Light, Eat Right

Dehydrated meals for hiking and other outdoor activities.

Portions are for two servings

Check to make sure you have the latest catalog:
Prices subject to change based on market cost

No Preservatives or artificial ingredients.
Meatless meals are marked (**Meatless**)

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

Send email for a request to be emailed updated product lists.

hawkvittles@gmail.com

Prices and products subject to change

Send money order or check to:

William Redhawk

P.O. Box 487

Wells, NY

12190

Catalog #: 5/4/2007

BREAKFAST

Breakfast Casserole	(Meatless)	\$ 8.95
Eggs, mushrooms, onions, milk, cheese, whole grain bread, olive oil, salt, spices		
Packers Potatoes Plus	(Meatless)	\$ 8.95
Potatoes, onions, garlic, spaghetti sauce, salsa, pinto beans, olive oil, salt, spices		
Hash Browns with Eggs and Sausage		\$ 8.95
Potato, eggs, pork sausage, parmesan cheese, olive oil, salt, spices		
Breakfast Grits, Bacon and Egg		\$ 8.95
Grits, eggs, milk, bacon bits, butter, hot sauce, cheddar & parmesan cheese, salt, spices		
Country Quiche	(Meatless)	\$ 9.95
Potato, mushrooms, onions, milk, eggs, TVP, olive oil, Parmesan cheese, salt, spices		
Breakfast Pudding	(Meatless)	\$ 8.95
Nuts, shredded coconut, milk, sugar, cornstarch, cocoa powder, salt		
Instant Oatmeal	(Meatless)	\$ 7.95
Rolled oats, nuts, milk, brown sugar, cinnamon, chopped dried fruit, salt		

SPREADS

Some Like it Hot Bean Spread	(Four 2/3 cup servings)	(Meatless)	\$ 5.95
Pinto beans, green chilies, salsa, mild, medium or hot (<i>specify</i>), salt			
Peanut Butter and Garbanzo Spread	(Four 1/2 cup servings)	(Meatless)	\$ 5.95
Peanut butter, garbanzos, scallions, fruit juice, salt, spices			
Creamy Tuna Spread	(Four 3/4 cup servings)	(Meatless)	\$ 5.95
Tuna, beans, salsa, mild, medium or hot (<i>specify</i>), salt			

SOUPS, STEWS & CHILI

Potato Soup Parmesan	(Meatless)	\$ 8.95
Potatoes, stock, TVP, milk, parmesan cheese, salt, spices		
Moroccan Stew		\$ 8.95
White beans, mushrooms, carrots, bell pepper, beef stock, honey, black olives, olive oil, lemon juice, couscous, salt, spices		
Peanut Soup	(Meatless)	\$ 8.95
Peanut oil, chunky peanut butter, onions, bell pepper, garlic, stock, green chilies, couscous, salt, spices		
Black Bean Stew	(Meatless)	\$ 8.95
Black beans, riso, stock, scallions, green chilies, garlic, olive oil, Tabasco sauce, Worcestershire sauce, salt, spices		
Cheddar Cheese Soup Plus	(Meatless)	\$ 8.95
Cheddar cheese, olive oil, onions, celery, carrots, whole wheat flour, vegetable stock, couscous, milk, hot sauce, sherry, parmesan cheese, salt, spices		
Carrot Soup	(Meatless)	\$ 8.95
Carrots, mushrooms, zucchini, lentils, honey, Tabasco sauce, salt, olive oil, spices		
Pistou	(Meatless)	\$ 8.95
Potatoes, green beans, tomatoes, vermicelli pasta, parmesan cheese, Tabasco sauce, olive oil, salt, spices		
Seafood Stew	(Meatless)	\$12.95
Fish, shrimp, wine, onions, celery, tomatoes, orzo		
Beef Stew		\$ 8.95
Beef, onions, carrots, tomatoes, white beans, couscous, olive oil, chili powder, salt, spices		
Southwestern Chili	(Meatless)	\$ 8.95
Pinto beans, olive oil, onions, garlic, tomatoes, TVP, salt, spices		
North African Stew	(Meatless)	\$ 8.95
Eggplant, carrots, onions, white beans, tomatoes, couscous, mint, olive oil, salt, spices		

Hot Dog Stew **\$ 8.95**
Hot dogs, stock, bow tie pasta, bell pepper, spaghetti sauce,
Parmesan cheese, spices

Fish Stew **\$ 9.95** **(Meatless)**
Fish, broth, potatoes, bell pepper, red wine, salt, spices

Chicken Pilaf **\$ 9.95**
Chicken, buckwheat groats, onions, bell peppers, garlic, carrots,
almonds, spaghetti sauce, olive oil, stock, salt, spices

Fiesta Frijoles **\$ 8.95** **(Meatless)**
Beans, onions, garlic, bell pepper, tomatoes, green chilies, Monterey Jack
Cheese, canola oil, salt, spices

Bacon Baked Beans **\$ 8.95**
Baked beans, honey, tomatoes, onions, bacon , liquid smoke,
olive oil, spices

PASTA DISHES & CASSEROLES

Sierra Spaghetti **\$ 8.95** **(Meatless)**
Linguini, mushrooms, onions, black olives, white beans, red pepper
spaghetti sauce, olive oil, salt, spices

Tomato Pasta Pesto **\$ 8.95** **(Meatless)**
Linguini, basil, Parmesan cheese, garlic, spaghetti sauce, olive oil,
salt, spices

Sweet & Sour Noodles **\$ 8.95** **(Meatless)**
Vermicelli pasta, sesame oil, ginger root, onions, TVP, bell pepper
tomatoes, rice vinegar, brown sugar, tamari soy sauce, cornstarch,
salt

Spicy Chicken **\$ 8.95**
Chicken, tomatoes, onions, garlic, green chilies, vermicelli, olive oil,
salt, spices

Sausage & Elbows **\$ 8.95**
Hot or Sweet (*Specify*) Italian sausage, onions, peppers, spaghetti sauce,
elbow macaroni, olive oil, salt, spices

Vegetable Chow Mein	(Meatless)	\$ 8.95
Onions, carrots, broccoli, mushrooms, summer squash, bell peppers, peas, chow mein noodles, eggs, TVP, tamari soy sauce, sesame oil, salt, spices		
Saucy Tuna	(Meatless)	\$ 8.95
Tuna, olive oil, garlic, onions, tomatoes, green chilies, vermicelli Parmesan cheese, salt, spices		
Cowboy Pasta		\$ 8.95
Ground beef, tiny bow pasta, tomatoes, beans, salsa, Parmesan cheese, salt, spices		
Cashew Curry	(Meatless)	\$ 9.95
Cashews, onions, mushrooms, couscous, garlic, tomato, TVP, raisins, canola oil, salt, spices		
Crab Fettuccini w/ Parsley Mint Sauce	(Meatless)	\$10.95
Crabmeat, crushed tomatoes, lemon juice, fettuccini, parsley, mint, olive oil, garlic, salt, spices		
Shrimp Cappellini	(Meatless)	\$10.95
Shrimp, angel hair pasta, olive oil, onions, mushrooms, tomatoes, wine, salt, spices		
Devils Gate Crab Casserole	(Meatless)	\$10.95
Crabmeat, fettuccini, mayonnaise, onions, bell pepper, celery Tabasco sauce, butter, salt, spices		
Crab Frittata	(Meatless)	\$10.95
Crabmeat, eggs, milk, parmesan cheese, angel hair pasta, olive oil, salt, spices		
Stir-Fry Salmon	(Meatless)	\$10.95
Salmon, quinoa, olive oil, onions, garlic, bell pepper, tomatoes olive oil, wine, jalapeno pepper, salt, spices		
Shrimp Jambalaya	(Meatless)	\$10.95
Shrimp, quinoa, tomatoes, white beans, mushrooms, onions, garlic olive oil, salt, spices		
Clam Vermicelli	(Meatless)	\$10.95
Clams, vermicelli pasta, mushrooms, tomatoes, Parmesan cheese, olive oil, salt, spices		

Shrimp Whimsy	(Meatless)	\$10.95
Shrimp, capellini pasta, scallions, garlic, snap peas, ginger, sesame oil, salt, spices		
Seafood Newburg	(Meatless)	\$14.95
Shrimp, crab, fish, butter, whole wheat flour, cream, margarine, sherry salt, spices		
Sweet & Sour Noodles	(Meatless)	\$ 8.95
Vermicelli pasta, sesame oil, garlic, ginger root, tomatoes, bell pepper, pineapple, brown sugar, rice vinegar, TVP, cornstarch, salt, spices		

Rehydrating Hawk Vittles.

Pour the meal into the pot. Cover the food with treated water. No measuring is necessary; simply cover the soups or stews with plenty of water (one or two inches above the surface of the dried food in the pot.) Put the lid on the pot. Place the pot of food on the stove. After a minute, check and stir the food. When it begins to bubble, stir until the food is fully boiling and the ingredients have softened

If while heating your meal, you find you have used too little water, add a bit more and bring it to a full boil. if you have used a little too much water, enjoy the extra broth, or boil the meal a few minutes longer to reduce the extra water.