



## BEEF WITH NATURAL JUICES, CANNED

Date: October 2012

Code: 100127

### PRODUCT DESCRIPTION

- Canned beef is ground beef cooked in its own juices with a small amount of salt added for flavor. It is ready to use without heating, or can be added to your favorite recipe.

### PACK/YIELD

- Canned beef is packed in 24 ounce cans, which is about 2 ½ cups or about 8 servings (3 ounces each) of beef.

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened beef in a tightly covered container that is not made from metal and refrigerate. Use within 3 days.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container that is not made from metal.

### USES AND TIPS

- Use in barbecue beef, pizza, soups, stews, spaghetti sauce, vegetable stir-fry, and casseroles.

### NUTRITION INFORMATION

- 1 ounce of canned beef counts as 1 ounce in the MyPlate.gov Protein Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving of beef is about 3 ounces.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: 3 ounces (85g) canned beef, drained

#### Amount Per Serving

<b>Calories</b>	180	<b>Calories from Fat</b>	130
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#### % Daily Value\*

<b>Total Fat</b> 12g		<b>18%</b>
Saturated Fat 5g		<b>20%</b>
<i>Trans Fat</i> 0g		
<b>Cholesterol</b> 65mg		<b>22%</b>
<b>Sodium</b> 285mg		<b>11%</b>
<b>Total Carbohydrate</b> 0g		<b>0%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 0g		
<b>Protein</b> 17g		
Vitamin A 0%	Vitamin C	0%
Calcium 0%	Iron	10%

\*Percent Daily Values are based on a 2,000 calorie diet.

## VEGETABLE-BEEF SOUP

MAKES ABOUT 8 SERVINGS

### Ingredients

- 1 can (about 24 ounces) beef
- 1 cup whole grain rotini, uncooked (other pastas can be used instead)
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 4 cups water (for soup)
- 1 cup kidney beans, cooked
- 1 can (about 15 ounces) low-sodium carrots, drained
- 1 can (about 15 ounces) low-sodium corn, drained
- 2 cans (about 15 ounces each) low-sodium tomatoes, diced, undrained

### Directions

1. Cook pasta according to package directions; drain and set aside.
2. In a large pot over medium heat, cook onion in vegetable oil for about 5 minutes, stirring often, until onion is soft.
3. Add beef to onions and cook for about 1 minute.
4. Add water, kidney beans, carrots, corn, tomatoes, and cooked pasta to the beef and onion mixture.
5. Heat on high for about 10 minutes.

Nutritional Information for 1 serving Vegetable-Beef Soup							
<b>Calories</b>	360	<b>Cholesterol</b>	60 mg	<b>Sugar</b>	7 g	<b>Vitamin C</b>	18 mg
<b>Calories from Fat</b>	150	<b>Sodium</b>	239 mg	<b>Protein</b>	22 g	<b>Calcium</b>	82 mg
<b>Total Fat</b>	16 g	<b>Total Carbohydrate</b>	33 g	<b>Vitamin A</b>	313 RAE	<b>Iron</b>	5 mg
<b>Saturated Fat</b>	7 g	<b>Dietary Fiber</b>	6 g				

*Recipe adapted from Commodity Supplemental Food Program Cookbook*

## EASY MEAT SAUCE OVER RICE

MAKES ABOUT 6 SERVINGS

### Ingredients

- 15 ounces beef, drained
- 1 ½ cups water
- ½ cup onion, chopped
- 1 tablespoon chili powder
- ¼ cup all purpose flour
- 6 cups rice, cooked

### Directions

1. Mix ¾ cup water, onion, and chili powder in a skillet; add beef.
2. Bring to a boil.
3. In a small bowl or cup, mix flour with the other ¾ cup cold water to make a smooth paste.
4. Pour flour and water mixture over the meat mixture.
5. Cook over medium heat until thick.
6. Place one cup of rice in a bowl and pour about ¾ cup of the sauce on top.

### Tip

This sauce can also be served over bread, pasta, or refried beans.

Nutritional Information for 1 serving (about ¾ cup sauce and 1 cup rice) of Easy Meat Sauce Over Rice							
<b>Calories</b>	140	<b>Cholesterol</b>	55 mg	<b>Sugar</b>	1 g	<b>Vitamin C</b>	2 mg
<b>Calories from Fat</b>	120	<b>Sodium</b>	150 mg	<b>Protein</b>	20 g	<b>Calcium</b>	31 mg
<b>Total Fat</b>	13 g	<b>Total Carbohydrate</b>	2 g	<b>Vitamin A</b>	19 RAE	<b>Iron</b>	4 mg
<b>Saturated Fat</b>	6 g	<b>Dietary Fiber</b>	1 g				

*Recipe adapted from Quick & Easy Commodity Recipes for the Food Distribution Program on Indian Reservations, USDA.*