



BEEF STEW, CANNED

Date: October 2012

Code: 100526

PRODUCT DESCRIPTION

- Canned beef stew is a ready-to-eat product; just heat and serve. It is made with peas, potatoes, and carrots with beef chunks in gravy.

PACK/YIELD

- Canned beef stew is packed in 24 ounce cans, which is about 3 servings (1 cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened beef stew in a tightly covered container not made from metal and refrigerate.
- 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 see our memo: www.fns.usda.gov/fdd/policymemo/pmfd107_N_SLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf

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

- Canned beef stew makes a complete meal or can be served over pasta or rice with a vegetable or salad.
- Canned beef stew can also be used with potatoes for a heartier meal.

NUTRITION INFORMATION

- 1 cup of canned beef stew counts as 1 ounce in the MyPlate.gov Protein group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces of meat. A serving size is about 3 ounces.
- 1 cup of canned beef stew provides 80% of the daily recommended amount of vitamin A and 15% vitamin C.

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
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 1 cup (244g) canned beef stew

Amount Per Serving

Calories	210	Calories from Fat	110
-----------------	-----	--------------------------	-----

% Daily Value*

Total Fat 12g	18%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 930mg	39%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 11g	

Vitamin A	80%	Vitamin C	15%
-----------	-----	-----------	-----

Calcium	2%	Iron	8%
---------	----	------	----

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

QUICK BEEF STEW AND RICE

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 ½ cups rice, uncooked
- 3 cups water
- 1 can (about 24 ounces) canned beef stew
- Pepper to taste

Directions

1. Prepare rice, using water, according to package directions.
2. In a sauce pan, heat stew. Add pepper to taste.
3. Spoon ½ cup of rice and ½ cup of stew into bowls and serve.

Nutrition Information for 1 serving (about 1 cup) of Quick Beef Stew and Rice							
Calories	280	Cholesterol	20 mg	Sugar	1 g	Vitamin C	5 mg
Calories from Fat	60	Sodium	460 mg	Protein	9 g	Calcium	27 mg
Total Fat	6 g	Total Carbohydrate	45 g	Vitamin A	100 RAE	Iron	3 mg
Saturated Fat	2.5 g	Dietary Fiber	2 g				

Recipe provided by USDA FNS, Food Distribution Division, 2009

SHEPARD'S PIE

MAKES ABOUT 6 SERVINGS

Ingredients

- 2 pounds potatoes, washed, peeled, and cubed (about the size of ice cubes)
- 6 cups water
- ¾ cup low-fat milk
- 1 can (about 24 ounces) beef stew

Directions

1. Preheat oven to 350 degrees F.
2. Boil potatoes in water until soft, about 12 minutes. Drain potatoes and pour them into a bowl. Add low-fat milk and mash until potatoes are almost smooth.
3. Heat beef stew in sauce pan until heated through.
4. Put beef stew in oven-safe baking dish.
5. Top beef stew with mashed potatoes.
6. Place casserole in oven and bake for about 15 minutes, or until heated through.
7. Serve hot.

Nutrition Information for 1 serving of Shepard's Pie							
Calories	220	Cholesterol	20 mg	Sugar	4 g	Vitamin C	35 mg
Calories from Fat	60	Sodium	490 mg	Protein	9 g	Calcium	64 mg
Total Fat	7 g	Total Carbohydrate	33 g	Vitamin A	118 RAE	Iron	2 mg
Saturated Fat	2.5 g	Dietary Fiber	5 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook