



## TOMATO SAUCE, LOW-SODIUM, CANNED

Date: August 2012

Code: 100333

### PRODUCT DESCRIPTION

- Canned tomato sauce is a U.S. Grade A, low sodium food.
- Tomato sauce may be lightly seasoned with salt or spices, vinegar, onions, garlic, or other vegetable seasonings.

### PACK/YIELD

- Tomato sauce is packed in 15 ½ ounce cans, which is about 1 ½ cups or 3.5 servings (½ cup each).

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened tomatoes 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 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 not made from metal.

### USES AND TIPS

- Canned tomato sauce is ready to use in a variety of casseroles, stews, vegetable side dishes, rice dishes, and main dishes.
- Add canned tomato sauce with garlic and cooked, chopped green pepper or other vegetables for an easy pasta sauce.
- Stir heated tomato sauce into cooked rice or pasta, or use as a topping for pizzas.
- Warmed tomato sauce is an easy dip for breadsticks.
- Use tomato sauce in poultry, pork, and beef recipes.

### NUTRITION INFORMATION

- ½ cup of canned tomato sauce counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of tomato sauce provides 20% of the recommended daily amount of vitamin A and 30% of the recommended daily amount of 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](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: ½ cup (120g) tomato sauce, low-sodium, canned

#### Amount Per Serving

**Calories** 36 **Calories from Fat** 0

#### % Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 140mg **5%**

**Total Carbohydrate** 8g **3%**

Dietary Fiber 2g **7%**

Sugars 0g

**Protein** 2 g

Vitamin A 11% Vitamin C 14%

Calcium 2% Iron 7%

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

## QUICK CHILI

**MAKES ABOUT 4 SERVINGS**

### Ingredients

- 1 cup low-sodium tomato sauce
- ½ pound ground beef (or ground turkey)
- 1 can (about 15 ounces) low-sodium kidney beans with liquid
- 1 tablespoon dried onion (or ¼ cup chopped onion)
- 1 ½ tablespoons chili powder

### Directions

1. In a large skillet, cook ground beef until browned.
2. Drain off any fat.
3. Stir in kidney beans with liquid, tomato sauce, onion, and chili powder.
4. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.

Nutrition Information for 1 serving (¾ cup) of Quick Chili							
<b>Calories</b>	260	<b>Cholesterol</b>	40 mg	<b>Sugar</b>	2 g	<b>Vitamin C</b>	19 mg
<b>Calories from Fat</b>	80	<b>Sodium</b>	200 mg	<b>Protein</b>	20 g	<b>Calcium</b>	65 mg
<b>Total Fat</b>	10 g	<b>Total Carbohydrate</b>	26 g	<b>Vitamin A</b>	76 RAE	<b>Iron</b>	4 mg
<b>Saturated Fat</b>	3 g	<b>Dietary Fiber</b>	10 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder*

## STUFFED GREEN PEPPERS

**MAKES ABOUT 4 SERVINGS**

### Ingredients

- 1 ½ cups low-sodium tomato sauce
- 4 large green peppers
- 1 pound ground turkey (or ground beef)
- 1 cup rice, uncooked
- ½ cup onion, peeled and chopped
- Black pepper to taste

### Directions

1. Preheat oven to 350 degrees F. Bring a pot of water to boil.
2. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
3. Cook green peppers in boiling water for five minutes. Drain well.
4. In a medium-size skillet, cook turkey until browned. Add rice, onion, ½ cup tomato sauce, and black pepper.
5. Stuff each pepper with the mixture and place in a 9x9-inch baking dish.
6. Pour the remaining tomato sauce over the green peppers.
7. Cover and bake for 30 minutes.

Nutrition Information for 1 serving (1 pepper) of Stuffed Green Peppers							
<b>Calories</b>	390	<b>Cholesterol</b>	90 mg	<b>Sugar</b>	8 g	<b>Vitamin C</b>	100 mg
<b>Calories from Fat</b>	90	<b>Sodium</b>	190 mg	<b>Protein</b>	26 g	<b>Calcium</b>	55 mg
<b>Total Fat</b>	10 g	<b>Total Carbohydrate</b>	50 g	<b>Vitamin A</b>	40 RAE	<b>Iron</b>	5 mg
<b>Saturated Fat</b>	3 g	<b>Dietary Fiber</b>	4 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder*