

Beef with Natural Juices, Canned/Pouch

MyPlate Food Group: **Protein**



Product Description

- Canned beef is ground beef cooked in its own juice. It is ready to use without heating, or can be added to your favorite recipe.

Storage

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened canned beef in a tightly covered container not made from metal and refrigerate.

Uses and Tips

- Use in recipes for barbecue beef, pizza, soups, stews, spaghetti sauce, vegetable stir-fry, and casseroles.
- Canned products are fully cooked, so it is safe to eat them without cooking.

Nutrition Information

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

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

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

Amount Per Serving

Calories 180 **Calories from Fat** 130

-% Daily Value*

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

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

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.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>

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.

Tip

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

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