



## Beef, Canned/Pouch

MyPlate Food Group: **Protein**

USDA  
**Foods**

### Nutrition Information

- 1 ounce of canned/pouch beef counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Beef supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

### Uses and Tips

- Canned/pouch beef is fully cooked, so it is safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.
- Canned/pouch beef can be used in dishes such as lasagna, casseroles, spaghetti sauce, or chili.

### Storing Foods at Home

- Store unopened cans or pouches in a cool, clean, dry place.
- Store remaining opened beef in a tightly covered container that is not made from metal in the refrigerator.

### MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- Nutrients provided by protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



## USDA Foods

### Stuffed Peppers

Makes 8 servings

#### Ingredients:

- ½ pound canned/pouch beef
- 1 onion, chopped
- 1 teaspoon dried oregano
- 1 (15-ounce) can spaghetti sauce
- 3 cups cooked brown rice
- 1 cup low-fat mozzarella cheese, shredded, divided
- 4 green or red peppers

**Directions:** Wash hands with soap and water.

1. Preheat oven to 350 degrees F.
2. Cook beef and onion in a large skillet over medium heat until browned. Pour off any fat.
3. Stir in oregano, spaghetti sauce, rice, and ½ cup cheese.
4. Wash peppers, cut in half lengthwise, and remove seeds. Arrange in a 9x13 inch baking dish.
5. Spoon all the beef mixture evenly into the pepper halves. Gently press mixture into the peppers so that it sticks together.
6. Cover with foil. Bake for 30 minutes. Remove the foil and sprinkle remaining ½ cup cheese on top. Continue to cook another 10 minutes.

*Recipe adapted from Montana State University*

### Corn Bread Burger Bake

Makes 8 servings

#### Ingredients:

- non-stick cooking spray
- 24 ounces canned/pouch beef
- ½ cup onion, chopped
- ¼ cup green pepper, chopped
- 1 teaspoon chili powder
- 1 cup cornmeal
- 2 eggs
- 2 teaspoons baking soda
- ¼ cup instant nonfat dry milk powder
- 1 cup water
- 1 (15.5 ounce) can cream style corn
- 2 cups low-fat cheddar cheese, shredded

**Directions:** Wash hands with soap and water.

1. Preheat oven to 375 degrees F.
2. Spray large casserole dish (9x13 inch) with non-stick cooking spray.
3. In large skillet, warm canned beef and drain fat.
4. In the same skillet, add onion, green pepper, and chili powder.
5. Cook until onion and green pepper are softened.
6. Remove from heat and set aside.
7. In medium mixing bowl, combine cornmeal, eggs, baking soda, instant nonfat dry milk powder, water, and cream style corn.
8. Spread half the cornmeal mixture evenly into casserole dish. Spoon ground beef mixture over cornmeal layer. Sprinkle cheese over beef layer. Pour the remaining cornmeal mixture over the top.
9. Bake for 35 minutes or until topping is golden brown.

*Recipe adapted from University of Tennessee, Knoxville*