



## Tomato Juice, 100% Low-sodium

MyPlate Food Group: **Vegetable**

USDA  
**Foods**

### Nutrition Information

- 1 cup of 100% low-sodium tomato juice counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Tomato juice is an important source of many nutrients, including vitamins A, C, potassium, and an antioxidant called lycopene which is good for heart health and eyesight.

### Uses and Tips

- Tomato juice can be added to soups, chilis, and casseroles.
- Serve tomato juice warm or chilled, as a beverage or as a snack.
- Mix tomato juice with chopped peppers, cucumbers, and onions for a quick and easy cold soup.

### Storing Foods at Home

- Store unopened bottles of tomato juice in a cool, clean, dry place.
- After opening, store tomato juice in a tightly covered container and refrigerate.

### MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



## USDA Foods

### Hearty Tomato Beef Stew

Makes 4 servings

#### Ingredients:

- 1 pound beef, boneless, cubed
- 2 cups low-sodium tomato juice
- 1 cup water
- 1 clove garlic, minced or ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 6 carrots, sliced ½-inch thick
- 2 potatoes, cubed
- 1 cup peas, fresh, frozen, or canned

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

1. In a large saucepan, combine meat, tomato juice, water, garlic, salt, and pepper. Bring to a boil.
2. Reduce heat. Cover and simmer for 2 to 2½ hours or until meat is tender.
3. Add carrots and potatoes. Cover and simmer for about 30 minutes or until vegetables are almost tender.
4. Add peas. Cover and simmer until all vegetables are tender. If soup is too thick, add a little water.

Recipe adapted from University of Nebraska-Lincoln Extension

### Farmers' Market Gazpacho

Makes 4 servings

#### Ingredients:

- 2 cucumbers, diced into ¼-inch pieces
- 3 red bell peppers, seeded and diced into ¼-inch pieces
- 3 green peppers, seeded and diced into ¼-inch pieces
- 4 celery stalks, diced into ¼-inch pieces
- 2 tomatoes, diced into ¼-inch pieces
- 1 onion, diced into ¼-inch pieces
- 2 cups tomato juice, low-sodium
- 3 garlic cloves, minced
- 1 tablespoon ground cumin
- 2 lemons
- 1 cup cilantro, chopped
- salt and pepper (optional)

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

1. Combine all ingredients except salt, pepper, cilantro, and lemons in a bowl.
2. Remove 2 cups of the mixture and reserve.
3. Using a blender or food processor, puree the remaining mixture in the bowl.
4. Add 2 cups of reserved mixture to the pureed mixture.
5. Season with salt and pepper to taste and the juice from the lemons.
6. Cover mixture and refrigerate for at least 2 hours before serving.
7. Serve cold, garnished with chopped cilantro.

Recipe adapted from MyPlate Kitchen, SNAP-Ed Recipes