

Tomato Juice, Unsweetened, Bottle

MyPlate Food Group: **Vegetable**



Product Description

- Bottle unsweetened tomato juice is 100% juice with no artificial colors, flavors, or added sugar or sweeteners. Salt may be added.
- Tomato juice has added vitamin C.

Storage

- Store unopened plastic bottles in a cool, clean, dry place.
- Refrigerate after opening.

Uses and Tips

- Tomato juice can be served warm or chilled, as a beverage or snack.
- Mix tomato juice with chopped peppers, cucumbers, onions, and cilantro (if you like), for a quick and easy cold soup.

Nutrition Information

- ½ cup of tomato juice counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2½ cups of vegetables.

Resources

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

Nutrition Facts

Serving size: ½ cup (4oz) tomato juice, unsweetened

Amount Per Serving

Calories 20 **Calories from Fat** 0

-% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans Fat</i> 0g		
Cholesterol 0mg		0%
Sodium 330mg		14%
Total Carbohydrate 5g		2%
Dietary Fiber 1g		2%
Sugars 4g		
Protein 0g		
Vitamin A 35%	Vitamin C	10%
Calcium 1%	Iron	2%

*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

Beef and Tomato Skillet

Makes about 6 servings

Ingredients

½ pound egg noodles, uncooked
1 pound lean ground beef (can also use ground turkey)
1 onion, chopped
1 green pepper, chopped
¾ cup cheddar cheese reduced fat, shredded
1 ½ cups tomato juice
2 cups corn, frozen, thawed (can also use canned corn)

Directions

1. Cook egg noodles according to package directions. Drain well.
2. In a medium skillet, cook beef until no longer pink and cooked through.
3. Add onions and peppers and cook until soft, about 5 minutes.
4. Stir in tomato juice, corn, and cooked noodles, and cook until heated through.
5. Sprinkle with cheese and cook until cheese is melted.

Recipe adapted from SNAP-ED Connection Recipe Finder

Spanish—Style Rice

Makes about 4 servings

Ingredients

4 cups tomato juice
1 tablespoon vegetable oil
1 cup uncooked white rice
1 teaspoon dried basil leaves (if you have it)
¼ teaspoon garlic powder
2 cups frozen mixed vegetables

Directions

1. Heat oil in a 10-inch skillet over medium heat. Add rice and cook for 30 seconds, stirring constantly.
2. Add tomato juice and garlic powder and heat to a boil. If using basil, add that too. Reduce heat to low. Cover and cook for 15 minutes.
3. Add vegetables to the skillet. Cover and cook for 10 minutes or until rice and vegetables are soft and most of the liquid is gone.

Recipe adapted from V8juice.com