

Tomato, Sauce, Low-Sodium, Canned

MyPlate Food Group: **Vegetable**



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.

Storage

- Store unopened cans in a cool, clean, dry place.
- Store remaining sauce in a tightly covered, nonmetal container and refrigerate.

Uses and Tips

- Canned products are fully cooked, so it is safe to eat them without cooking.
- Canned tomato sauce is ready to use in a variety of casseroles, stews, vegetable side dishes, rice dishes, and main dishes.
- Use fresh or dried herbs for seasoning instead of salt.

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.

Resources

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

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 2g	
Vitamin A 11%	Vitamin C 14%
Calcium 2%	Iron 7%

*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

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.

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.

Recipe adapted from SNAP-ED Connection Recipe Finder.