



## Canned Mixed Vegetables

Vegetables are low in calories and fat and provide important nutrients like vitamin A, vitamin C, potassium and fiber.

### Nutrition Information

Mixed vegetables are part of the vegetable group. Foods from the vegetable group provide important nutrients like vitamin A, vitamin C, potassium and fiber.

Based on MyPyramid,  $\frac{1}{2}$  cup of mixed vegetables provides  $\frac{1}{2}$  cup of vegetables from the vegetable group.

A typical person should try to eat  $2\frac{1}{2}$  cups of vegetables every day.



### Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened mixed vegetables in a tightly covered plastic container in the refrigerator.

**Use within 2 to 4 days!**

**Do not use canned vegetables if can is rusted, bulging, or dented! Throw it away!**

### Uses

- ✓ Use in soups, stews, rice or main dishes.
- ✓ Top cooked vegetables with cheese, creamed soup or herbs and spices for a change.



**Know how. Know now.**



# Recipes

## Chicken Rice Casserole

6 servings

2 c. cooked chicken, diced	1 c. green peas <i>or</i> mixed vegetables
2 c. rice, cooked	salt, to taste
1 (10¾ oz.) can cream of chicken soup	pepper, to taste
¾ c. low-fat milk	½ c. cheddar cheese, shredded

1. Preheat oven to 350°F. Grease a 2-quart baking dish and set aside.
2. In a large bowl, mix all ingredients except the cheese.
3. Pour into baking dish and sprinkle with shredded cheese.
4. Bake for 30 minutes.

**Nutrition Information per Serving:** Calories 460, Total Fat 12 g (19% DV), Saturated Fat 5 g (26% DV), Cholesterol 60 mg (20% DV), Sodium 600 mg (25% DV), Total Carbohydrate 60 g (20% DV), Dietary Fiber 2 g (8% DV), Sugars 2 g, Protein 25 g, Vitamin A 20%, Vitamin C 8%, Calcium 20%, Iron 20%.

## Vegetable Rice Skillet

4 servings

1 (15 oz.) can kidney, black <i>or</i> garbanzo beans, drained and rinsed	¾ c. rice, uncooked
1 (14.5 oz.) can stewed tomatoes	½ tsp. dried thyme <i>or</i> dried dill weed
2 c. mixed vegetables, frozen <i>or</i> canned	1 (10¾ oz.) can tomato soup
1 c. water	hot sauce (optional)
	cheddar cheese, shredded (optional)

1. In a large pot, stir together beans, tomatoes, vegetables, water, rice, and thyme or dill weed.
2. Bring to a boil. Reduce heat, cover and simmer for 20 to 25 minutes or until the rice is tender. Stir a few times while cooking. Add more water if mixture becomes too dry.
3. Stir in tomato soup. Bring to a boil. Let simmer for 2 to 3 minutes more.
4. Serve with hot sauce and shredded cheese, if desired.

**Nutrition Information per Serving:** Calories 350, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 1050 mg (44% DV), Total Carbohydrate 72 g (26% DV), Dietary Fiber 10 g (38% DV), Sugars 11 g, Protein 13 g, Vitamin A 90%, Vitamin C 90%, Calcium 10%, Iron 35%.

All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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