

Canned Beef

Foods from the meat and beans group are a good source of protein. Protein is needed to build and repair cells. Canned beef is a good source of protein. It is fully cooked in its own juices and ready to use. Substitute canned beef for ground beef, beef cubes, or similar meats in recipes.

Nutrition Information

Canned beef is part of the meat and beans group. Foods from the meat and beans group provide important nutrients like protein and iron.

Beef provides protein, iron, thiamin, niacin and zinc, as well as, other vitamins and minerals.

Based on MyPyramid, 2 to 3 ounces of beef, or about $\frac{1}{3}$ to $\frac{1}{2}$ cup, provides 2 to 3 ounces from the meat and beans group.

A typical person should try to eat 5½ ounces of meat and beans every day.

Choose meat that is lean or low-fat.



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 canned beef in a tightly covered plastic container in the refrigerator.

Use within 2 to 3 days!

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

Uses & Tips

- ✓ Place can in refrigerator to harden fat. Open and remove visible fat. Break meat apart and remove any chunks of fat.
- ✓ Use canned beef in barbecue beef, pizza, spaghetti sauce, stir-fry, and casseroles.
- ✓ The natural juices can be used for gravy or soup.



Know how. Know now.



Recipes and Tips

1 (29 ounce) can meat = 2 cups or 1 pound cooked meat

Baked Chimichangas

7 servings

1 (29 oz.) can beef, fat removed and chunked	1/4 c. butter, melted
2 c. beef broth	2 c. Monterey Jack cheese, shredded
3 T. chili powder	1 c. sour cream
1 1/2 tsp. ground cumin	1 c. salsa
7 (8 inch) flour tortillas	

1. Preheat oven to 500°F. Grease a 9x13-inch baking pan and set aside.
2. In a medium saucepan, heat beef, broth, chili powder, and cumin over medium heat.
3. Bring to a boil, reduce heat and simmer 10 minutes.
4. Brush both sides of tortilla with melted butter. Spoon shredded beef filling down center of each tortilla. Fold ends over filling, and then fold sides to center to make a packet. Place chimichangas, seam side down, in prepared baking pan.
5. Bake for 8 to 10 minutes, or until golden brown. Serve with shredded cheese, sour cream and salsa.

Nutrition Information per Serving: Calories 470, Total Fat 26 g (40% DV), Saturated Fat 15 g (75% DV), Cholesterol 125 mg (42% DV), Sodium 1530 mg (64% DV), Total Carbohydrate 22 g (7% DV), Dietary Fiber 1 g (4% DV), Sugars 2 g, Protein 31 g, Vitamin A 25%, Vitamin C 2%, Calcium 30%, Iron 10%.

Six Can Southwest Chili

8 servings

1 medium onion, chopped	1 (15 oz.) can black beans, drained and rinsed
1 (29 oz.) can beef, fat removed and chunked	1 (4.5 oz.) can green chilies, chopped
2 (8 oz.) cans tomato sauce	2 Tbsp. chili powder
1 (15.25 oz.) can whole kernel corn, drained	Cheddar cheese, shredded (optional)

1. In a 3½ or 4 quart slow cooker, combine all ingredients; mix well.
2. Cover, cook on low for 4 to 6 hours.
3. Top with cheese if desired.

Nutrition Information per Serving: Calories 200, Total Fat 2.5 g (4% DV), Saturated Fat 1 g (5% DV), Cholesterol 45 mg (15% DV), Sodium 1150 mg (48% DV), Total Carbohydrate 21 g (7% DV), Dietary Fiber 4 g (16% DV), Sugars 4 g, Protein 22 g, Vitamin A 15%, Vitamin C 20%, Calcium 2%, Iron 10%.

Recipes provided from the University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>