



Canned Beef Stew

Canned beef stew is a read to eat product; just heat and serve! Ingredients in the canned beef stew usually include chunks of beef, potatoes, and carrots in brown gravy. It is an excellent source of vitamin A and a good source of protein and iron.

Nutrition Information

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

Based on MyPyramid, 1 cup of beef stew provides 2 ounces from the meat and beans group.

A typical person should try to eat 5½ ounces from the meat and beans group 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 stew in a tightly covered plastic container in the refrigerator.

Use within 3 to 4 days!

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

Uses

- ✓ Canned beef stew makes a complete meal if served over pasta, noodles or rice with a vegetable or green salad as a side dish.



Know how. Know **now**.



Recipes



Shepherd's Pie

4 servings

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|--------------------------|---------------------------------------|
| 1 (24 oz.) can beef stew | 2 c. prepared mashed potatoes |
| 1 c. frozen peas, thawed | $\frac{1}{8}$ tsp. paprika (optional) |

1. Preheat oven to broil. Spray a 2 quart casserole dish with non-stick cooking spray. Set aside.
2. In a medium saucepan, heat beef stew over medium heat.
3. Prepare instant mashed potatoes according to directions on the package.
4. Add thawed peas to the heated beef stew.
5. Pour beef stew into prepared 2 quart casserole dish.
6. Top with mashed potatoes.
7. Sprinkle with paprika, if desired.
8. Place casserole dish from top of oven 6 to 8 inches. Broil for 2 to 3 minutes or until golden brown.

Nutrition Information per Serving: Calories 310, Total Fat 13 g (20% DV), Saturated Fat 4 g (20% DV), Cholesterol 25 mg (8% DV), Sodium 1050 mg (44% DV), Total Carbohydrate 34 g (11% DV), Dietary Fiber 4 g (16% DV), Sugars 4 g, Protein 13 g, Vitamin A 70%, Vitamin C 25%, Calcium 4%, Iron 15%.

Recipe provided from the 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.