



## Canned Tomato Juice

Canned tomato juice is 100% juice. Salt has been added for flavor. It is fortified, making it a good source of vitamin A and vitamin C. Canned tomato juice is low in fat and calories.

### Nutrition Information

Tomato juice is 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 tomato juice 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.

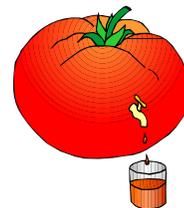
Store opened tomato juice in a covered plastic container in the refrigerator.

**Use within 5 to 7 days!**

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

### Uses

- ✓ Mix tomato juice in a blender with chopped carrots and celery for a vegetable smoothie.
- ✓ Drink tomato juice as a mealtime beverage to get another serving of vegetables into your diet.
- ✓ Tomato juice can be used in soups, stews, goulash, chili and other main dishes.



Know how. Know **now**.



# Recipes

## Goulash

4 servings

- |                                            |                          |
|--------------------------------------------|--------------------------|
| 1 lb. lean ground beef                     | 1¼ c. macaroni, uncooked |
| ¼ c. onion, chopped                        | salt, to taste           |
| 2 (14.5 oz.) cans tomatoes or tomato juice | pepper, to taste         |
|                                            | chili powder (optional)  |

1. In a large skillet, brown ground beef and onion. Drain fat.
2. Add tomatoes, macaroni, salt, pepper, and chili powder, if desired.
3. Cover and simmer about 20 minutes or until macaroni is tender.

**Nutrition Information per Serving:** Calories 350, Total Fat 11 g (17% DV), Saturated Fat 4 g (21% DV), Cholesterol 40 mg (14% DV), Sodium 390 mg (16% DV), Total Carbohydrate 34 g (11% DV), Dietary Fiber 2 g (10% DV), Sugars 7 g, Protein 29 g, Vitamin A 4%, Vitamin C 15%, Calcium 6%, Iron 25%

## Tomato Beef Stew

4 servings

- |                                                |                                     |
|------------------------------------------------|-------------------------------------|
| 1 lb. boneless chuck or stew beef, cubed       | ¼ tsp. pepper                       |
| 2 c. tomato juice                              | 6 carrots, sliced ½-inch thick      |
| 1 c. water                                     | 2 potatoes, cubed                   |
| 1 clove garlic, minced or ¼ tsp. garlic powder | 1 c. peas, fresh, frozen, or canned |
| ½ tsp. salt                                    |                                     |

1. Trim fat from meat.
2. In a large saucepan, combine meat, tomato juice, water, garlic, salt, and pepper. Bring to a boil.
3. Reduce heat. Cover and simmer for 2 to 2½ hours or until meat is tender.
4. Add carrots and potatoes. Cover and simmer for about 30 minutes or until vegetables are almost tender.
5. Add peas. Cover and simmer until all vegetables are tender. If soup is too thick, add a little water.
6. Serve hot.

**Nutrition Information per Serving:** Calories 530, Total Fat 24 g (37% DV), Saturated Fat 9 g (47% DV), Cholesterol 115 mg (38% DV), Sodium 810 mg (34% DV), Total Carbohydrate 39 g (13% DV), Dietary Fiber 7 g (29% DV), Sugars 12 g, Protein 38 g, Vitamin A 290%, Vitamin C 80%, Calcium 8%, 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>