BEEF WITH NATURAL JUICES, CANNED
Date: October 2012  Code: 100127

PRODUCT DESCRIPTION
- Canned beef is ground beef cooked in its own juices with a small amount of salt added for flavor. It is ready to use without heating, or can be added to your favorite recipe.

PACK/YIELD
- Canned beef is packed in 24 ounce cans, which is about 2 ½ cups or about 8 servings (3 ounces each) of beef.

STORAGE
- Store unopened cans in a cool, clean, dry place.
- Store remaining opened beef in a tightly covered container that is not made from metal and refrigerate. Use within 3 days.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.

PREPARATION/COOKING
- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container that is not made from metal.

USES AND TIPS
- Use in barbecue beef, pizza, soups, stews, spaghetti sauce, vegetable stir-fry, and casseroles.

NUTRITION INFORMATION
- 1 ounce of canned beef counts as 1 ounce in the MyPlate.gov Protein Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving of beef is about 3 ounces.

FOOD SAFETY INFORMATION
- If the can is leaking or the ends are bulging, throw it away.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, throw it away.

OTHER RESOURCES
- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS
Serving size: 3 ounces (85g) canned beef, drained

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>180</td>
<td>130</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td></td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5g</td>
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<tr>
<td>Trans Fat</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
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<td>22%</td>
</tr>
<tr>
<td>Sodium</td>
<td>285mg</td>
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<tr>
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</tr>
<tr>
<td>Dietary Fiber</td>
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<td></td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
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</tr>
<tr>
<td>Protein</td>
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| Vitamin A          | 0%       | Vitamin C        | 0%            |
| Calcium            | 0%       | Iron             | 10%           |

*Percent Daily Values are based on a 2,000 calorie diet.
VEGETABLE-BEEF SOUP
MAKES ABOUT 8 SERVINGS

Ingredients
- 1 can (about 24 ounces) beef
- 1 cup whole grain rotini, uncooked (other pastas can be used instead)
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 4 cups water (for soup)
- 1 cup kidney beans, cooked
- 1 can (about 15 ounces) low-sodium carrots, drained
- 1 can (about 15 ounces) low-sodium corn, drained
- 2 cans (about 15 ounces each) low-sodium tomatoes, diced, undrained

Directions
1. Cook pasta according to package directions; drain and set aside.
2. In a large pot over medium heat, cook onion in vegetable oil for about 5 minutes, stirring often, until onion is soft.
3. Add beef to onions and cook for about 1 minute.
4. Add water, kidney beans, carrots, corn, tomatoes, and cooked pasta to the beef and onion mixture.
5. Heat on high for about 10 minutes.

Nutritional Information for 1 serving Vegetable-Beef Soup

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<td>Saturated Fat</td>
<td>7 g</td>
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<td>6 g</td>
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Recipe adapted from Commodity Supplemental Food Program Cookbook

EASY MEAT SAUCE OVER RICE
MAKES ABOUT 6 SERVINGS

Ingredients
- 15 ounces beef, drained
- 1 ½ cups water
- ½ cup onion, chopped
- 1 tablespoon chili powder
- ¼ cup all purpose flour
- 6 cups rice, cooked

Directions
1. Mix ⅛ cup water, onion, and chili powder in a skillet; add beef.
2. Bring to a boil.
3. In a small bowl or cup, mix flour with the other ⅛ cup cold water to make a smooth paste.
4. Pour flour and water mixture over the meat mixture.
5. Cook over medium heat until thick.
6. Place one cup of rice in a bowl and pour about ¾ cup of the sauce on top.

Tip
This sauce can also be served over bread, pasta, or refried beans.

Nutritional Information for 1 serving (about ⅛ cup sauce and 1 cup rice) of Easy Meat Sauce Over Rice

<table>
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<td>Total Carbohydrate</td>
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</tr>
<tr>
<td>Saturated Fat</td>
<td>6 g</td>
<td>Dietary Fiber</td>
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Recipe adapted from Quick & Easy Commodity Recipes for the Food Distribution Program on Indian Reservations, USDA.

These recipes, presented to you by USDA, have not been tested or standardized. USDA is an equal opportunity provider and employer.