

Household Commodity Fact Sheet



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

Amount Per Serving

Calories 180 Calories from Fat 130

% Daily Value*

Total Fat 12g 18%

Saturated Fat 5g 20%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 285mg 11%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 17g

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

Calories	360	Cholesterol	60 mg	Sugar	7 g	Vitamin C	18 mg
Calories from Fat	150	Sodium	239 mg	Protein	22 g	Calcium	82 mg
Total Fat	16 g	Total Carbohydrate	33 g	Vitamin A	313 RAE	Iron	5 mg
Saturated Fat	7 g	Dietary Fiber	6 g				

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 ¾ 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 ¾ 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 ¾ cup sauce and 1 cup rice) of Easy Meat Sauce Over Rice

Calories	140	Cholesterol	55 mg	Sugar	1 g	Vitamin C	2 mg
Calories from Fat	120	Sodium	150 mg	Protein	20 g	Calcium	31 mg
Total Fat	13 g	Total Carbohydrate	2 g	Vitamin A	19 RAE	Iron	4 mg
Saturated Fat	6 g	Dietary Fiber	1 g				

Recipe adapted from Quick & Easy Commodity Recipes for the Food Distribution Program on Indian Reservations, USDA.