

## COMMODITY FOODS

# CANNED BEEF STEW



### Canned beef stew:

- is ready-to-eat; just heat and serve.
- includes beef, potatoes, and carrots, packed in brown gravy.

### Storage

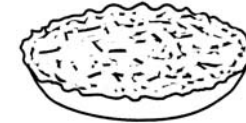
- Store unopened cans of beef stew in a dry, cool place.
- For best quality, unopened cans of stew should be used within 3 years.
- Store leftover stew in a covered container and refrigerate. Use within 3 to 4 days.

### Uses & Tips

- Add other cooked vegetables (peas, corn, green beans) to stew, heat thoroughly and serve over cooked noodles.
- Add other cooked vegetables (peas, corn, green beans) to the stew and top with uncooked biscuit dough. Bake until biscuits are brown and stew is bubbling.

### **Beef Stew Pie Serves 5.**

- 1 can (24 oz.) beef stew
- 1 cup cooked peas
- 1/2 cup onions, sautéed
- 1/2 cup cheese, shredded
- 1 pkg. refrigerated biscuits



1. In a medium saucepan, gently mix canned beef stew with cooked peas and onions.
2. Cook over medium heat until stew is thoroughly heated.
3. Place stew in a baking pan.
4. Sprinkle with cheese.
5. Arrange biscuits on top of stew mixture.
6. Bake in a 375°F oven until biscuits are browned.

**NUTRITION FACTS (per serving) - Calories 350 ~ fat 16 g ~ calories from fat 140 ~ sodium 1270 mg ~ total carbohydrate 38 g ~ fiber 3 g**



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