

COMMODITY FOODS

Canned Meats

Storage

- Canned beef, pork and chicken are fully cooked and ready to use.
- One 29-ounce can of meat equals about 3 cups or 1 pound of cooked meat.

Uses & Tips

- Store unopened canned meats in a dry, cool place.
- Store opened cans of meat in a covered container in the refrigerator. Use within 2 to 3 days.

Uses & Tips

- Open can and remove fat from top. This is more easily done if can is first chilled.
- Add extra flavor without adding fat – season with onion, peppers, garlic, tomatoes, and spices.
- Use cut-up canned meats in salads, soups, stews, sandwiches, stir-fry dishes, spaghetti sauce, tacos, enchiladas and casseroles.



Barbecue Sandwich Serves 8.

- 1 medium onion, finely chopped
- 1 Tbsp. butter/margarine
- 1 cup ketchup
- 1 Tbsp. Worcestershire
- 2 tsp. prepared mustard
- 29 oz. can of meat (beef, chicken or pork)
- 8 hamburger buns
- Salt & pepper, to taste

1. Place onion and butter in a skillet and cook until tender.
2. Add ketchup, sugar, and mustard. Cook until hot.
3. Add canned meat and heat thoroughly.
4. Serve on buns.

NUTRITION FACTS (per serving) - Calories 390 ~ fat 16 g ~ calories from fat 140 ~ sodium 700 mg ~ total carbohydrate 38 g ~ fiber 2 g



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
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