PRODUCT DESCRIPTION
- Canned beef stew is a ready-to-eat product; just heat and serve. It is made with peas, potatoes, and carrots with beef chunks in gravy.

PACK/YIELD
- Canned beef stew is packed in 24 ounce cans, which is about 3 servings (1 cup each).

STORAGE
- Store unopened cans in a cool, clean, dry place.
- Store remaining opened beef stew in a tightly covered container not made from metal and refrigerate.
- 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 see our memo.

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
- Canned beef stew makes a complete meal or can be served over pasta or rice with a vegetable or salad.
- Canned beef stew can also be used with potatoes for a heartier meal.

NUTRITION INFORMATION
- 1 cup of canned beef stew counts as 1 ounce in the MyPlate Protein group. For a 2,000-calorie diet, the daily recommendation is 5 ½ ounces of meat. A serving size is 3 ounces.
- 1 cup of canned beef stew provides 80% of the daily recommended amount of vitamin A and 15% vitamin C.

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: 1 cup (244g) canned beef stew

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Calories</td>
<td>210</td>
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<tr>
<td>Calories from Fat</td>
<td>110</td>
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<tr>
<td>Total Fat</td>
<td>12g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
<td>35mg</td>
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<tr>
<td>Sodium</td>
<td>930mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Sugars</td>
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<td>Protein</td>
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<tr>
<td>Vitamin A</td>
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<tr>
<td>Iron</td>
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*Percent Daily Values are based on a 2,000 calorie diet.
QUICK BEEF STEW AND RICE

MAKES ABOUT 6 SERVINGS

**Ingredients**
- 1 ½ c. rice, uncooked
- 3 c. water
- 1 (24 oz.) can beef stew
- Pepper to taste

**Directions**
1. Prepare rice, using water, according to package directions.
2. In a sauce pan, heat stew. Add pepper to taste.
3. Spoon ½ cup of rice and ½ cup of stew into bowls and serve.

**Nutrition Information for 1 serving (about 1 cup) of Quick Beef Stew and Rice**

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<th>Vitamin C</th>
<th>Vitamin A</th>
<th>Protein</th>
<th>Sugar</th>
<th>Calcium</th>
<th>Iron</th>
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<tr>
<td></td>
<td>280</td>
<td>20 mg</td>
<td>460 mg</td>
<td>45 g</td>
<td>5 mg</td>
<td>100 RAE</td>
<td>9 g</td>
<td>1 g</td>
<td>27 mg</td>
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Recipe provided by USDA FNS, Food Distribution Division, 2009

SHEPARD’S PIE

MAKES ABOUT 6 SERVINGS

**Ingredients**
- 2 c. prepared mashed potatoes
- 1 c. frozen peas, thawed
- 1 (24 oz.) can beef stew
- 1/8 tsp. paprika (if desired)

**Directions**
1. Preheat oven to 350 degrees F.
2. Boil potatoes in water until soft, about 12 minutes. Drain potatoes and pour them into a bowl. Add low-fat milk and mash until potatoes are almost smooth.
3. Heat beef stew in sauce pan until heated through.
4. Put beef stew in oven-safe baking dish.
5. Top beef stew with mashed potatoes.
6. Place casserole in oven and bake for about 15 minutes, or until heated through.
7. Serve hot.

**Nutrition Information for 1 serving of Shepard’s Pie**

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<th></th>
<th>Calories</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Vitamin C</th>
<th>Vitamin A</th>
<th>Protein</th>
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<tr>
<td></td>
<td>310</td>
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<td>13 g</td>
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Recipe adapted from Commodity Supplemental Food Program Cookbook

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