

Canned Food Convenience

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Enjoy the convenience and affordability of canned food! Keep your pantry stocked with a variety of nutritious canned foods such as canned black beans, canned fruit, diced tomatoes, and more.

“Can Do” Nutrition

Canned fruits and vegetables are great to incorporate into your healthy lifestyle. Research has shown canned foods can be as high in nutrients as, and sometimes higher than, fresh foods. Some canned fruits have added sugars or syrups, so choose fruits packed in 100% juice or water. Some canned vegetables contain added salt, so choose the “no-salt-added” option when available. Drain and rinse regular salted canned vegetables to remove about 30% of the sodium.

How long can I keep commercially canned goods? According to the USDA, dates on cans indicate peak quality as determined by the manufacturer. Don’t automatically pitch a can with an expired date. You can safely keep commercially canned foods longer than their dates. Low-acid foods (such as canned meat, poultry, fish, soups, green beans, carrots, corn, peas, potatoes, etc.) can be stored for two to five years; high-acid foods (e.g. canned juices, fruit, pickles, sauerkraut, tomatoes, tomato soup), for 12-18 months.

This recipe for black bean brownies uses canned black beans to add affordable nutrition to the mix. A 15 ounce can of black beans costs less than \$1.

Easy Black Bean Brownies

- 1 (15 oz.) can “no-salt-added” black beans
 - 1 box brownie mix
1. Wash hands with soap and water. Pour the can of black beans with liquid into a food processor or blender, and blend until well mixed and no chunks of beans remain.
 2. Add brownie mix to the blender and blend until well combined. Pour into a 9x9” or 9x13” baking dish and bake according to the directions on the box.

Makes 24 servings. Each serving contains: 125 calories, 4 g fat, .6 g saturated fat, 0 mg cholesterol, 89 mg sodium, 22 g carbohydrate, .8 g fiber, 1.8 g protein.

Sources:

1. Basic Foods for Cupboard, Fridge and Freezer: <https://go.unl.edu/hjae>
2. Food Storage Chart for Cupboard/Pantry, Refrigerator and Freezer: <https://go.unl.edu/wyt5>
3. Research Studies: Canned Food and Nutrition, Canned Food Alliance <https://bit.ly/2E8i2LW>
4. National Canned Food Month, NE Extension: <https://go.unl.edu/2z6p>