



Beef Stew, Canned/Pouch

MyPlate Food Group: **Protein**

USDA
Foods

Nutrition Information

- 1 cup of canned/pouch beef stew counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Beef supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Canned/pouch beef stew is fully cooked, so it is safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.
- Canned/pouch beef stew can be eaten as is or used as a topping for baked potatoes, rice, or pasta.

Storing Foods at Home

- Store unopened cans or pouches in a cool, clean, dry place.
- Store remaining opened beef stew in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- Nutrients provided by protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



USDA Foods

Easy Shepherd's Pie

Makes 4 servings

Ingredients:

non-stick cooking spray
1 (24 ounce) can beef stew
2 cups prepared mashed potatoes
1 cup frozen peas, thawed (optional)
½ teaspoon paprika (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to broil. Spray a 2 quart casserole dish with non-stick cooking spray. Set aside.
2. In a medium saucepan, heat beef stew over medium heat.
3. Prepare instant mashed potatoes according to the directions on the package.
4. Add thawed peas, if using, to the heated beef stew.
5. Pour beef stew into prepared 2 quart casserole dish.
6. Top with mashed potatoes. Sprinkle with paprika, if desired.
7. Place casserole dish on the top rack of the oven. Broil for 2-3 minutes or until golden brown.

Recipe adapted from University of Nebraska-Lincoln Extension

Nutrition Facts: Calories 310, Total Fat 14g, Trans Fat 0.5g, Cholesterol 25mg, Sodium 840mg, Total Carbohydrate 35g, Dietary Fiber 2g, Total Sugars 6g, Added Sugars 0g, Protein 12g, Calcium 57mg, Iron 5mg, Potassium 492mg

Beef Pot Pie

Makes 3 servings

Ingredients:

1 (24 ounce) can beef stew
1 can of biscuits (5 count)

Directions: Wash hands with soap and water.

1. Place the contents of the canned beef stew in a small casserole dish.
2. Top the beef stew with the uncooked biscuits.
3. Bake at 350 degrees F about 25-30 minutes until the biscuits are lightly browned and the stew is bubbling.

Recipe adapted from AgriLife Communications, The Texas A&M System

Nutrition Facts: Calories 360, Total Fat 16g, Trans Fat 0g, Cholesterol 230mg, Sodium 1450mg, Total Carbohydrate 41g, Dietary Fiber 0g, Total Sugars 6g, Added Sugars 3g, Protein 13g, Calcium 0mg, Iron 2mg, Potassium 267mg