

# Canned or Pouch Meat



## Nutrition Facts

Canned/pouch meat supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium. One ounce of canned/pouch meat counts as 1 ounce in the ChooseMyPlate.gov Protein group. Protein foods help us maintain healthy bones, support muscle function and our immune system.

## Leftover Storage

- Store opened and unused meat, in a tightly covered container.
- Leftovers can be stored in the refrigerator for 3 to 4 days.

## Selection and Storage

- Always be sure to check the expiration date and/or use by date.
- Make sure there are no dents or rust on the can, which could indicate a puncture or leak.
- Store unopened cans/pouches in a cool, clean, dry place.

**WATCH** for tips to use your canned meats and find budget friendly recipes at [planeatmove.com](http://planeatmove.com):

- *Easy Chicken Pot Pie*
- *Easy Peasy Mac and Cheesy*
- *Slow Cooker Chicken Santa Fe Soup*
- *Pulled Pork Autumn Salad*
- *Rockin' Chicken Tacos*



## Ways to Use Canned Meat

Clean the top of your cans to remove any dust or bacteria that might enter the can when you puncture them with the can opener. The blade and gears of a can opener are a great place for bacteria to grow in any food residue left on them.

Canned/pouch meat is fully cooked, so it is safe to eat without cooking. It's good to have on hand in case of emergencies, such as loss of electricity. Canned pork, beef, chicken, tuna and salmon can be used to make casseroles, one pot meals, soups and stews, stir fry meals, main course salads, sandwiches and pizza. It can replace raw meat or fish in almost any recipe - **just drain the liquid, if necessary, and add it later in the process.**

## Easy Peasy Mac and Cheesy

**Makes 6 servings**

**Serving size: 1 cup**

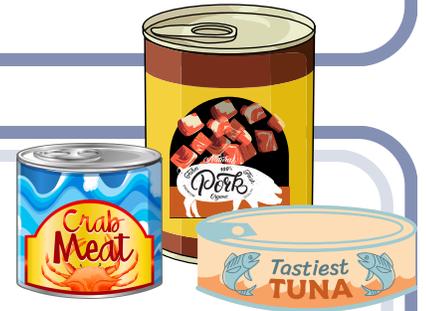
### Ingredients:

- 1 (16 ounce) box whole wheat shell or macaroni pasta
- 1 (12 ounce) can non-fat evaporated milk
- 1 (8 ounce) package mild or sharp shredded cheese
- 2 teaspoons garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 (5 ounce) can water-packed tuna, drained
- 1 (14 ounce) can low-sodium peas, drained

### Directions:

1. Cook pasta and drain. Reserve ½ cup of pasta water in case cheese sauce gets too thick.
2. In a large saucepan, heat milk, but do not bring to boil.
3. Add cheese and stir until cheese is melted and milk is thickened.
4. Add garlic powder, salt, and pepper. Mix well.
5. Add drained tuna, peas, and macaroni. Mix well and serve.

**Nutrition facts per serving:** 240 calories; 16g total fat; 8g saturated fat; 0g trans fat; 50mg cholesterol; 770mg sodium; 72g carbohydrate; 10g fiber; 11g sugar; 0g added sugar; 32g protein; 10% Daily Value of vitamin D; 40% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium.



For more information on eating better for less, and food and nutrition resources, reach out to your local County Extension office and check out [planeatmove.com](http://planeatmove.com)

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