

# Using Canned Chopped Meat

Prepared by Extension Food and Nutrition Specialists  
Oregon State University, Corvallis

Each can (1 lb., 14 oz.) of chopped meat contains about 5 cups of fully cooked, ready-to-eat, all-meat product. It should be stored in a cool, dry place. Once opened, the meat not needed for the first meal should be covered and stored in the refrigerator.

When it comes to planning a meal, we usually start with meat and go on from there with the rest of the menu. Canned chopped meats give us another way to have more variety in daily meals. They are good alone as a main meat course or combined with other foods in casseroles. When we eat different foods together at a meal, our bodies tend to make better use of the nutrients each food provides. So casseroles are good to eat, and they are good for us.

Build a meal around any of the recipes below. (Salt has been omitted from these recipes because the canned chopped meat has already been salted.)

## Seven Layer Casserole

(Makes about 6 servings)

In the following order, place in a large casserole:

- 1 cup cubed raw potatoes
- 1 cup raw carrots, sliced thin
- 1/4 cup uncooked rice
- 1 onion, sliced thin
- 1 can peas, drained
- 2 cups diced canned chopped meat

Over the top of these six layers pour 2 cups canned tomatoes. (The tomatoes are the seventh layer.)

Bake in moderate oven (350° F) for about 45 minutes.

With this "meal-in-a-dish" serve crisp salad and hot buttered biscuits. You might try cheese biscuits. Have milk to drink.

## Beef Pie

(Makes 4 large servings)

- 2 medium-sized onions, quartered
- 2 medium-sized carrots, sliced
- 2 medium-sized potatoes, diced
- 1 cup celery cut in 1-inch pieces
- 3 cups vegetable liquid
- 6 tablespoons flour
- 2 cups diced canned beef

Boil vegetables until tender. Save cooking liquid. If necessary, add water to make 3 cups liquid. Mix with the flour. Cook until thickened, stirring constantly. Add meat and vegetables. Combine carefully. Pour into a baking dish and top with unbaked baking powder biscuits. Bake at 400° F (hot oven) for about 30 minutes or until biscuits are a golden brown.

## Cheese Meat Loaf

(Makes about 5 servings)

- 2 eggs or 1/2 cup dry egg mix (packed) and 1/2 cup water
- 1 1/2 slices bread, broken into pieces
- 1/2 cup milk (or 2 tablespoons dry milk mixed with 1/2 cup water)
- 2 1/4 cups canned chopped meat, diced
- 3/4 cup grated cheese
- 3 tablespoons chopped onion
- 1/2 cup chopped celery
- 1/4 teaspoon pepper

Beat eggs. Add the bread and milk and blend. Add all other ingredients. Blend well. Pack into a greased loaf pan or casserole dish. Bake at 350° F (moderate oven) for 30 minutes.

Serve with buttered boiled potatoes, cabbage slaw, grated raw carrot salad, or a green vegetable for a well-balanced meal. Have canned or fresh fruit for dessert, if you like. Serve cold reconstituted dry milk to drink.

## Hong Kong Meal-in-a-Dish

(Makes about 4 servings)

- 1 can (1 lb.) green beans
- 1 medium-sized onion
- 1 cup thickly sliced celery
- 1 tablespoon fat
- 1 1/2 cups chicken broth (or instant chicken bouillon dissolved in water)
- 1 1/2 cups cubed canned chopped meat
- Pepper
- 4 tablespoons flour
- Hot cooked rice

Drain beans, saving the liquid. Melt fat in frying pan. Add onion and celery and cook a few minutes. Add broth, cover and cook 10 minutes. Add drained beans and canned meat and cook 5 minutes longer. Season with pepper. Stir flour into bean liquid and add to vegetable-meat mixture. Cook and stir until mixture boils and is clear and thickened. Serve at once over hot rice.

This is practically a meal in itself—and an economical one, too. Fruit, oatmeal, or rolled wheat cookies and milk to drink round out this meal.

## A Sandwich Meal

Place a slice of canned chopped meat on buttered bread. Top this with a slice of cheese. Add a crisp lettuce leaf if you have lettuce on hand. Then add another slice of buttered bread to make the sandwich complete. (This will be especially good if you use your own homemade bread.) Drink milk and eat a carrot and an apple with this sandwich and you have a meal.



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### Ranch-Style Lentil-Meat Casserole

- 2 cups lentils, washed
- 1 1/4 quarts (5 cups) water
- 2 cups diced canned chopped meat
- 1/2 cup salad oil
- 1 cup ketchup
- 1 (1 3/8 oz.) package onion soup mix *or*  
2 chopped onions
- 1 teaspoon cider vinegar
- 1 teaspoon prepared mustard
- 1/8 teaspoon pepper

Combine all ingredients in a pot or skillet, and cook about 35 minutes or until lentils are tender. Makes 8 servings.

Three cups cooked dry beans can be substituted for lentils and the water decreased to 1 cup. Cook about 30 minutes.

This main dish could be served with hot buttered cornbread, cooked vegetable (fresh or canned), and milk.

### Meat Balls and Spaghetti

- 2 cups finely chopped and mashed canned beef
- 1/2 cup water
- 1/2 cup quick rolled wheat
- 2 tablespoons nonfat dry milk
- Pepper and salt to taste
- 2 tablespoons fat
- 1 one-pound can tomatoes
- 1 onion, chopped
- 1/2 pound spaghetti, cooked

Combine beef, water, rolled wheat, milk, and seasoning. Make into small balls. Sauté meat balls in hot fat. Add tomatoes, onion, and spaghetti. Cook for 15 minutes. Serve with grated cheese. Serves 6 to 8.

### Creamed Meat and Cabbage

- 8 cups coarsely shredded cabbage
- 1 cup boiling water
- 1/4 cup butter or margarine
- 1/4 cup flour
- 2 cups milk (or 1/2 cup nonfat dry milk with 2 cups water)
- 2 cups diced canned chopped meat

Add cabbage to boiling water, bring to boil, cover, and cook only until tender. Drain. Melt 1/4 cup butter or margarine and blend in the flour. Add the milk and cook, stirring constantly, until thickened. Add cabbage and meat to sauce and cook slowly until heated through. Serves 6, approximately 3/4 cup each.

### Meat Roll With Vegetable Sauce

- 1 cup canned chopped meat, finely chopped
- 1 tablespoon chopped onion
- 1 1/2 cups flour
- 2 teaspoons baking powder
- 2 tablespoons nonfat dry milk
- 1/4 cup shortening
- 1/2 cup water

Mix chopped meat with onion. Stir flour, baking powder, and dry milk together. Cut fat into dry ingredients. Add water to make a soft dough that can be rolled. Turn dough onto a lightly floured surface and knead a few strokes. Roll dough into a 6 x 10 inch rectangle, about 1/2 inch thick. Spread meat mixture evenly on dough. Roll like a jelly roll and cut into 6 slices. Place slices, cut side up, in a greased baking pan or on a greased baking sheet and bake at 450° F for 20 minutes. Serve hot with vegetable sauce. Serves 4.

### Vegetable Sauce

- 2 tablespoons chopped onion
- 2 tablespoons butter or margarine
- 1/2 cup drained canned or freshly cooked peas
- 2 tablespoons flour
- 1 cup milk (or 1/4 cup nonfat dry milk mixed with vegetable liquid and water to make 1 cup)

Cook onion slowly in butter or margarine until slightly transparent. Stir in flour; add milk gradually and cook, stirring constantly. Cook until thickened, about 5 minutes. Add drained peas. Makes approximately 1 1/3 cups sauce or 4 servings, approximately 1/3 cup each.

### Other Ideas With Canned Chopped Meat

*Broiled:* Brush canned chopped meat slices with fat. Broil lightly. Place grated cheese on top of each slice. Broil until cheese melts.

*Baked:* Open both ends of can; push out meat in one piece. Top with fruit (such as crushed pineapple, apple-sauce, or fruit cocktail) and bake at 325° F (moderate oven) for 30 minutes or until heated through.

*Salad:* Mix diced canned chopped meat with chopped pickles, celery, and carrots. Add salad dressing.

*Topping:* Brush thin slices of canned chopped meat with molasses. Lay them on top of beans the last half hour of baking.

See recipe sheets on uses of dry split peas, rice, and bulgur for other ways to use canned chopped meat.