

Using Canned Chopped Meat

Prepared by Extension Nutrition Specialists
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Each can (1 lb., 14 oz.) of chopped meat contains about 5 cups of fully cooked, ready-to-eat, all-beef 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 order, line bottom of large casserole dish with:

- 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.

Cheese Meat Loaf (Makes 4 large servings)

- 2 eggs
- 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.

Once this is in the oven and has started baking, you will have time to wash the dishes and prepare the rest of the meal. Boil some potatoes to serve with butter. Prepare a cabbage slaw, grated raw carrot salad, or a green vegetable (like green beans, peas, broccoli, or asparagus). 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.) Blue Lake 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
- 2 tablespoons cornstarch
- 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.

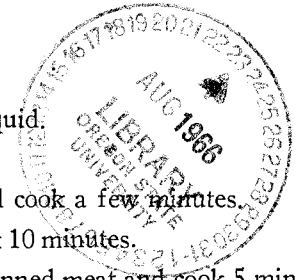
Season with pepper.

Stir cornstarch 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. Even liquid from the canned beans goes into this entree to bring out more flavor.

Fruit, oatmeal, or rolled wheat cookies and milk to drink round out this meal.



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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.

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.

Meat Pie
(6 servings)

4 medium-sized potatoes
1 tablespoon fat
1 medium onion, chopped
2 cups canned chopped meat, diced
1 can green beans
1 can tomato soup
Add pepper for seasoning.

Boil potatoes and make into mashed potatoes, using 1/3 to 1/2 cup of milk and 2 tablespoons of butter or margarine.

Place fat in pan, add onions, and fry to golden brown. Add meat, green beans, and tomato soup.

Season to taste.

Place in baking dish.

Top with mashed potatoes.

Bake in a moderate oven (350° F.) 30 minutes.

**Other Ways to Fix Canned Chopped
Meat in Minutes:**

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

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.