Using Canned Chopped Meat

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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're 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 following:

Cheese Meat Loaf
(Makes 4 large servings)

5 tablespoons sifted dry whole egg mixed with 5 tablespoons lukewarm water (or 2 whole fresh eggs)
1 1/2 slices bread, broken into pieces
1/2 cup milk (or 2 tablespoons nonfat 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 whole eggs until smooth. If using dried eggs, sprinkle the dry egg over the water, stir to moisten, and beat until smooth.

Add the bread and milk and beat to blend.

Combine all ingredients. Blend well.

Pack into a greased loaf pan (7 by 5 by 2 1/2 inches) or casserole dish.

Bake at 375°F. (moderate oven) for 1 hour and 15 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 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 milk in glasses. Have a glass of water with the meal.

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 1/2 cup liquid.
Quarter the onion and separate layers.
Melt fat in skillet.

Combine onion, celery, and melted fat in skillet and heat, tossing to coat vegetables with the fat.

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. Have a glass of water with the meal.
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 raw rice  
1 raw onion, sliced  
1 can drained peas  
2 cups diced canned chopped meat  
Over the top of these six layers, pour 2 cups canned tomatoes. (The tomatoes are the seventh layer.)  
Add pepper for seasoning.  
Bake in moderate oven (350°F) for about 1 hour and 25 minutes.  
With this “meal-in-a-dish” serve a crisp salad and hot buttered biscuits. You might try cheese biscuits.  
Have milk to drink. Don’t forget a glass of water for each person at the meal.  

You will note that salt has been omitted from the recipes above. This has been done because heating some canned chopped meat brings out a salty flavor.

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 the other 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.

Other Ideas With Canned Chopped Meat  
To Fix 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 on top of beans the last half hour of baking.  

NOTE: Each 30.5 oz. can of chopped meat contains about 5 cups diced meat.