



# Using Canned Chopped Meat

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When it comes to planning a meal, we usually start with meat and plan what vegetables, salad, bread, and dessert we need to complete 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.

Each of us needs two servings of food from the meat food group each day. Canned chopped meat is a good way to get one of these servings. Adding other foods makes the meat go farther and makes meals easier to prepare.

## Cheese Meat Loaf

- 2 eggs
- 1 1/2 slices bread, broken into pieces
- 2 tablespoons nonfat dry milk
- 1/2 cup water
- 2 1/4 cups canned chopped meat, diced
- 3/4 cup grated cheese
- 3 tablespoons chopped onion
- 1/4 teaspoon pepper

Beat eggs until smooth. Add the bread and water and beat to blend. Combine all ingredients. Blend well. Pack into a greased loaf pan (7 x 5 x 2 1/2 inches) or casserole dish. Bake at 375° F (moderate oven) for 1 hour and 15 minutes. Serves 4 to 6.

## Meal-in-a-Dish

- 1 one-pound can green beans
- 1 medium-sized onion
- 1 cup sliced carrots
- 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
- 1/4 cup flour
- Hot cooked rice

Drain beans, saving 1/2 cup liquid. Quarter the onion and separate layers. Melt fat in skillet. Combine onion, carrots, 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 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. Serves 4.

## 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.

## Seven Layer Casserole

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. Cover and bake at 350° F (moderate oven) for 1 hour. Serves 6.

## 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 home-made bread.) Drink milk and eat a carrot and an apple with this sandwich and you have a complete 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, hard cooked egg, and a little diced onion. Add salad dressing.

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



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### Beef Pot Pie

- 1 cup potatoes, diced
- 1 cup carrots, diced
- 1/4 cup onion, chopped
- 1 8-ounce can peas
- 1/2 can of canned beef, cut in medium-sized pieces
- 1/4 teaspoon black pepper
- 1 recipe biscuit dough
- 2 tablespoons butter or margarine

Combine potatoes, carrots, and onion in a saucepan. Cook until partially done in about 2 cups of water. Add peas and beef. Heat thoroughly. Add pepper. Pour into baking dish. Place rolled and cut biscuits on top. Put slivers of butter on top of biscuits. Bake at 425° F (hot oven) 20 to 25 minutes. Serves 4.

### Hamburger Corn Pone Pie

- 1/2 cup onion, chopped
- 1 clove garlic, minced
- 2 cups diced chopped meat
- 2 cups canned tomato juice
- 2 1/2 cups cooked pinto beans
- 1 tablespoon chili powder
- 1/4 cup grated cheese
- 1 recipe cornbread batter

Combine all ingredients but cheese and cornbread batter. Heat and pour into a 2-quart baking dish. Sprinkle with cheese. Spoon cornbread batter over dish. Bake at 425° F (hot oven) for 15 to 20 minutes. Serves 8.

### Beef Tetrazzini

- 1/2 cup nonfat dry milk
- 2 cups canned beef chopped finely
- 3 cups cooked spaghetti
- 2 cups water
- 1/4 cup finely chopped onions
- 2 eggs
- 1 tablespoon peanut butter
- 1 teaspoon butter or margarine
- 1/2 cup grated cheese

Mix all ingredients, except cheese, in a bowl. Grease baking dish; pour 1/2 mixture into baking dish. Sprinkle with 1/2 the cheese. Pour remaining mixture over cheese and sprinkle top with cheese and butter or margarine. Bake at 375° F (moderate oven) for 30 minutes. Serves 8 to 10.

### Meat Hash

- 1 1/2 cups chopped meat
- 6 raw or leftover potatoes, chopped
- 1 medium onion, chopped
- 1 1/2 cups water
- 2 tablespoons fat

Combine meat, potatoes, onion, and water. Melt fat in a frying pan. Put meat mixture in hot fat. Cook over medium heat, stirring frequently, until potatoes are brown and done. Serves 6.

### 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 6.

### 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 6 servings, approximately 3 tablespoons each.

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.

*Note:* Each 30.5 ounce can of chopped meat contains about 5 cups diced meat.