

EMERGENCY FOODS

Canned Meat

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Key Nutrients

Eat meat, poultry, fish, or eggs for:

- **Protein**—builds and repairs skin, muscle, blood, bone, and brain
- **Iron**—makes red blood
- **B Vitamins**—turn food into energy

Protein is found in both plant and animal foods. Everyone needs two servings of protein foods a day. A serving is 2-3 ounces. A serving for a preschool child is only 1 Tablespoon for each year of age.

Food Safety/Storage

You can keep canned meat for a long time (about a year) if you keep it in a cool, dry place.

Most recipes use only half a can of meat. Refrigerate or freeze the other half to use in another recipe later. Or double the recipe and freeze half of it to use later.

Cooking Tips/Ideas

Canned meat is quick and easy to use, and you can use it in a variety of cooked dishes. You can use either canned pork or beef in these recipes.

Canned meat usually is packed in its own broth, with white fat around the meat. It's easy to separate the fat from the meat by removing it gently with a spoon or your clean hands. Since fat is not necessary for most of the recipes using canned meat, you can throw it away.

When you open a can of meat, be sure to save the jelly-like broth. You can use it if the recipe calls for water or a similar liquid, or for other recipes later.

Basic Meat Sauce

Makes 6 servings

½ can pork or beef

Meat broth, plus enough water to make 1½ cups liquid

1 medium onion, chopped

1 clove garlic, minced (optional)

One 6-ounce can tomato paste (or one 16-ounce can tomato sauce instead of tomato paste and broth mixture)

1 teaspoon sugar

1 teaspoon salt

1 teaspoon oregano

1 teaspoon thyme

¼ teaspoon Worcestershire sauce (optional)

1. Remove fat and jelly-like broth from canned meat. Save broth—you'll use it later. Discard most or all of the fat.
2. Using a knife, gently chop the meat into small chunks.
3. Place 1 Tablespoon fat from canned meat or oil in a large fry pan. Heat over medium heat.
4. Add onion and garlic, and cook until lightly browned.
5. Add the chopped meat and stir until well mixed.
6. Add tomato paste and the reserved meat broth, plus enough water to make 1½ cups of liquid (or one 16-ounce can of tomato sauce).
7. Add sugar, salt, oregano, thyme, and Worcestershire sauce (if desired).
8. Bring to a boil. Turn the heat down and simmer the meat sauce for about an hour, or until it has thickened.

You can serve meat sauce in many ways...over rice, noodles, or spaghetti, or on a bun like barbecued meat. Or spread a small amount on pizza crust—then add vegetables and cheese to top off your homemade treat.

One serving is ¼ cup for children and ½ cup for adults. Refrigerate or freeze leftovers for later use.

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OREGON STATE UNIVERSITY EXTENSION SERVICE

Meat/Macaroni or Meat/Rice

Makes 6 servings

- 1 cup instant non-fat dry milk plus $1\frac{1}{2}$ cups water (or one 12-ounce can evaporated milk)
- 1 cup grated cheese
- 1 egg (or $\frac{1}{4}$ cup dried egg mix and $\frac{1}{4}$ cup water)
- $2\frac{3}{4}$ cups cooked macaroni or rice
- $\frac{1}{2}$ can pork or beef, chopped (remove visible fat)

1. Place the milk in a medium sauce pan and heat slowly over medium heat.
2. As the milk is heating, stir in grated cheese. It'll take a little time for the cheese to melt. Stir often to avoid burning the sauce.
3. In a medium mixing bowl, beat egg.
4. Add cooked macaroni or rice.
5. Add canned pork or beef.
6. Mix ingredients well.
7. Add cheese sauce and mix again.
8. Place mixture in a greased, 8x8-inch baking dish.
9. Bake in a 350°F oven for about 40 minutes or until lightly browned.

One serving is $\frac{1}{4}$ cup for children and $\frac{1}{2}$ cup for adults.
Refrigerate leftovers promptly.

Meat Hash

Makes 6 servings

- $\frac{1}{2}$ can beef or pork, chopped (remove visible fat)
- 1 medium onion, chopped
- 6 medium-size raw or left-over cooked potatoes, cut into small pieces
- $1\frac{1}{2}$ cups meat broth or water
- 2 Tablespoons fat or oil

1. Place meat, onion, and potatoes in a medium-size mixing bowl.
2. Add broth or water. Mix thoroughly.
3. Heat 2 Tablespoons fat or oil in a large fry pan on medium heat.
4. Put the meat mixture into the hot fat. Cook over medium heat until the potatoes are brown and done. Stir often.
5. Raw potatoes will take 30 to 40 minutes. Left over cooked potatoes will take about 10 minutes.

One serving is $\frac{1}{4}$ cup for children and $\frac{1}{2}$ cup for adults.
Refrigerate leftovers promptly.

Cheese Meat Loaf

Makes 6 servings

- 2 eggs (or $\frac{1}{2}$ cup dried egg mix and $\frac{1}{2}$ cup water)
- $1\frac{1}{2}$ slices bread, cut into small pieces
- $\frac{1}{2}$ cup meat broth or water
- 2 Tablespoons dry milk plus 2 Tablespoons water (or 2 Tablespoons canned evaporated milk)
- 1 can beef or pork, chopped (remove visible fat)
- $\frac{1}{4}$ cup grated cheese
- 3 Tablespoons chopped onion
- $\frac{1}{4}$ teaspoon pepper

1. In a large mixing bowl, beat eggs until smooth.
2. Add bread.
3. Add broth or water. Mix well.
4. Add milk, beef or pork, cheese, onion, and pepper. Mix well.
5. Pack mixture in a greased loaf pan or baking dish.
6. Bake in a 375°F oven for 1 hour and 15 minutes, or in a microwave for 15 minutes at the bake setting.

One serving is $\frac{1}{4}$ cup for children and $\frac{1}{2}$ cup for adults.
Refrigerate leftovers promptly.

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