



# A cooking and nutrition Fact Sheet

August 2010

## CANNED MEATS

Canned meats are fully cooked during the canning process. The most common canned meats are tuna, salmon, chicken and pork. Some people even can their own meat and wild game. Try it hot in soups, meat pies, one dish meals or as a meat sauce over rice or noodles.

### Nutrients

Canned meats are a good source of protein which is needed for growth and repair of body tissues. Meat also provides iron and B vitamins. Iron carries oxygen to your cells. The B vitamins help the body get energy from food.

### How to Store

Before the can is opened, store the can in a cool and dry place.

After the can has been opened, store in the refrigerator. It is best to put unused meat in a covered container that is not metal. Metal containers are safe to use, but give a strange flavor and color to foods stored in them. Use leftover canned meat within five days of opening. Leftover canned meat can also be frozen.

### Barbecued Pork Sandwiches

1 can (29 ounces) canned pork  
¾ bottle barbecue sauce  
Hamburger buns or bread slices

1. Remove juice and fat from pork.
2. Stir pork and sauce together in sauce pan. Heat over medium heat until hot and steaming. Serve on buns.

### How to Use

Getting the meat out of the can is easy. Wipe any dust or dirt off the top and bottom lids. Using a can opener, take off the top lid. Then cut a few inches around the bottom lid. Now the canned meat will slide out.

Canned meats are high in salt. When used in recipes, you usually add less salt than the recipe says to add or you can rinse the meat in a strainer to remove the excess salt.

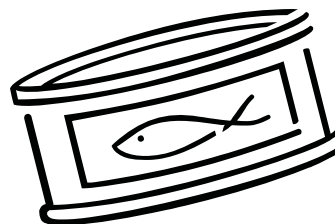
You may want to take off any extra fat from around the canned meat. There are two ways to take off extra fat:

#### If you want to use the canned juices:

- Chill the unopened can of meat so that the fat gets hard. Use a spoon, fork or knife to remove the chunks of fat.

#### If you do not want to keep the canned juices:

- Rinse the meat with hot water in a strainer.



## Quick Chicken Pot Pie

1- 16 ounce package frozen peas and carrots  
1 cup canned chicken  
1 can condensed cream of chicken soup  
1 cup MASTER MIX or baking mix  
½ cup milk  
1 egg

1. Preheat oven to 400°F.
2. Mix vegetables, chicken and soup in ungreased 2 quart casserole.
3. Stir together MASTER MIX or baking mix, milk and egg in small bowl with a fork until blended.
4. Pour mixture over casserole.
5. Bake for 30 minutes or until golden brown.

## Pork Sandwich Spread

Yield: Serves 6

1 medium onion, chopped  
2 stalks celery, chopped  
½ cup mayonnaise/dressing  
2 Tablespoons pickle relish  
1 teaspoon mustard  
4 cups finely cut up canned meat or leftover cooked meat  
Salt and pepper to taste  
Bread slices

1. Mix onion, celery, relish, mayonnaise and mustard well.
2. Stir in meat, salt and pepper.
3. Divide evenly between 6 sandwiches.

## Salmon or Tuna Loaf

Yield: 4 servings • Serving

2 eggs, beaten  
½ cup soft breadcrumbs or cracker crumbs  
¼ cup chopped onion  
1 celery stalk, chopped  
Pepper to taste  
1 Tablespoon chopped parsley (optional)  
1 teaspoon lemon juice or Worcestershire sauce  
1- 13 ounce can salmon or tuna, drained  
Vegetable oil or spray

1. Preheat oven to 375°F. Lightly oil a loaf pan or spray with vegetable spray.
2. Remove bones and skin from salmon, if used.
3. Combine eggs, breadcrumbs, onion, celery, pepper, parsley and lemon juice or Worcestershire in mixing bowl. Add fish to mixture and mix well.
4. Put fish mixture into prepared loaf pan.
5. Bake for 45 minutes. Loaf is done when a knife comes out clean when inserted.

☆Tip: Can serve with tomato sauce.

**Variation:** Salmon or Tuna Patty - Shape into patties. Fry on both sides in a lightly oiled pan.

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