



Recipes Using Canned Meats

USING CANNED PORK, CHICKEN, BEEF

When I first saw canned meat I was curious, but at the same time thought, lets get creative. Because the meat is already cooked, you just need to open the can, dispose of the fat layer and drain the meat from the liquid. After that, you are good to go! Save time cooking some of your favorite dishes by starting with the pre-cooked meat.

Here are some suggestions:

- Tacos, casseroles, spaghetti sauce, barbeques
- Pizza, soups, stews and chili

FOUR LAYER SUPPER

1 can (24oz) of pork, beef or chicken	1 can (14.5 ounces) green beans (drained and rinsed)
1 medium onion, diced (about 1 cup)	3/4 cup cheese (cubed or shredded)
4 cups potatoes (sweet or white) cubed or canned potatoes	1/4 cup nonfat milk

Preheat oven to 400°F. Spray a baking dish with nonstick cooking spray. Cook canned meat and onion in a skillet over medium high heat until cooked through.

Place potatoes in the baking dish. Put the green beans on top of the potatoes. Spread the canned meat and onions on top of the potatoes and green beans. Spread the cheese over the meat mixture. Pour the milk over the top.

Cover with foil and bake for 1 hour or until potatoes are tender.

Tip: To reduce cooking time, prick the potatoes with a fork and microwave for 5 minutes before cutting up. This will reduce the baking time by 15-20 minutes.

Source: Spend Smart Eat Smart, Iowa State University Extension and Outreach

SKILLET LASAGNA

1 can (24oz) of pork or beef drained

1/2 onion, diced (about 1/2 cup)

1 package (10 ounces) frozen chopped spinach, thawed

1 can (24 ounces) spaghetti or pasta sauce

2 cloves garlic, minced

1 cup water

8 ounces whole wheat egg noodles



1 can (4 ounces) mushrooms, drained (optional)

1 container (12 ounces) cottage cheese

1/2 cup mozzarella cheese, shredded

Cook canned meat and onion in a large skillet over medium heat. Stirring continuously. Drain off fat. Add spinach, spaghetti sauce, garlic and water to skillet. Stir, Bring to a boil

Add noodles. Stir until noodles are covered by liquid. Cover with a lid. Turn heat to low and cook 5 minutes.

Stir in mushrooms. Cover and simmer 5 minutes. Add a small amount of water, if needed, to prevent sticking, no more than 1/4 cup at a time. Stir well.

Spoon cottage cheese over the top. Sprinkle with mozzarella cheese. Do not stir. Put the lid on and cook 5 to 10 minutes until heated through and noodles are tender.

Tip: Replace frozen spinach with 3 cups fresh spinach or 1 1/2 cups shredded carrots or other frozen vegetables.

Source: Spend Smart Eat Smart, Iowa State University Extension and Outreach

SLOPPY JOES

1 can (24oz) of pork or beef drained	1/2 cup tomato ketchup
1/2 medium onion, chopped (about 1/2 cup)	1 tablespoon prepared mustard
1/2 cup green or red pepper, chopped (about 1/2 large pepper)	1 teaspoon sugar
1/2 cup celery, chopped (about 1 rib of celery)	5 whole wheat buns
1/4 cup water	



Combine canned meat, onion, celery and pepper in a medium skillet. Add water. Cook over medium low heat for 15 minutes. Stir as needed. Cook until meat mixture reaches at least 160°F.

Put meat mixture in a colander set over a bowl. Pat mixture with paper towels and rinse with warm water to remove fat. Return to skillet. Add ketchup, mustard and sugar. Heat 5-10 minutes on low heat.

Toast buns in a skillet. Spread buns with margarine and place face side down in skillet. Cook over medium heat 1-2 minutes.

Prepare sandwiches by putting 1/2 cup of meat mixture on bottom of each bun and cover with top of bun.

Source: Spend Smart Eat Smart, Iowa State University Extension and Outreach

For more cooking and recipe ideas visit the University of Minnesota Extension Real Life, Good Food website

<https://reallifegoodfood.umn.edu/>

TAMALE PIE

1 cup onion, chopped (1 medium)	1/3 cup plain Greek yogurt or light sour cream
1 cup bell pepper, chopped (1 medium)	1 can (4.25 ounces) diced green chilies, undrained
1 can (24oz) of pork, beef or chicken drained	1 egg
1/2 cup salsa	1/2 cup shredded cheddar cheese (optional)
1 package (8.5 ounces) corn muffin mix	

Preheat oven to 350°F. Heat skillet to medium. Spray with nonstick cooking spray. Cook onion, bell pepper and meat until cooked through. This should take about 6 minutes. Stir in salsa. Stir in cheese, if desired.

Spray an 8 inch pie plate with nonstick cooking spray. Spread the meat and vegetable mixture on the bottom of the plate.

Mix corn muffin mix, yogurt or sour cream, green chilies and egg. Spread on top of the meat and vegetable mixture.

Bake until corn muffin topping is golden brown and set. This should take about 30 minutes. Let stand for 5 minutes before slicing it.

Source: Spend Smart Eat Smart, Iowa State University Extension and Outreach

10 MINUTE CHILI

1 can (24 oz) pork or beef drained	1 can (16 ounces) kidney beans, drained and rinsed
1 small onion, chopped	
1 can (16 ounces) tomato sauce	1-2 tablespoons chili powder

Place all ingredients into a pan. Stir to mix. Continue to stir over medium heat until heated thoroughly.

Source: Spend Smart Eat Smart, Iowa State University Extension and Outreach