

# TOMATOES, CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

04/05/04

## Product Description

**Canned Tomatoes** are whole or diced.

## Pack/Yield

Canned tomatoes are packed in a 15.5-ounce can, which yields about 3 ½-cup servings

## Storage

- Store unopened cans in a cool, dry place off the floor.
- Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration.
- Store opened tomatoes in a tightly covered nonmetallic container and refrigerate. Use within 2 to 4 days.

## Preparation

- Heat tomatoes to serving temperature and serve soon after heating. Do not allow to boil.
- Add flavor to tomatoes by using herbs and spices such as celery seed, cloves, oregano, sage, parsley, or basil.

## Uses

- Canned tomatoes are ready for immediate use in a variety of dishes, such as soup, stews, vegetables, rice, or main dishes.
- Combine tomatoes and green beans; flavor with chopped green pepper, garlic, and chili powder.



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## Nutrition Information

- **Canned Tomatoes** are an **excellent source** of Vitamin A and a **good source** of Vitamin C.
- ½ cup of canned tomatoes provides 1 serving from the **VEGETABLE GROUP** of the Food Guide Pyramid.

*(See recipes on reverse side)*

| Nutrition Facts  |               |
|--|---------------|
| Serving size ½ cup (120g)                                |               |
| Canned tomatoes, heated                                  |               |
| Amount Per Serving                                       |               |
| <b>Calories</b> 25                                       | Fat Cal 0     |
| % Daily Value*   |               |
| <b>Total Fat</b> 0g                                      | <b>0%</b>     |
| Saturated Fat 0g   | <b>0%</b>     |
| <b>Cholesterol</b> 0mg                                   | <b>0%</b>     |
| <b>Sodium</b> 190mg                                      | <b>8%</b>     |
| <b>Total Carbohydrate</b> 4g                             | <b>1%</b>     |
| Dietary Fiber 1g   | <b>4%</b>     |
| <b>Protein</b> 1g  |               |
| Vitamin A 20%  | Vitamin C 15% |
| Calcium 4%   | Iron 15%      |
| *Percent Daily Values are based on a 2,000 calorie diet. |               |

## Spanish Rice Bake

1 pound lean ground beef  
 ½ cup onion, finely chopped  
 ¼ cup green bell pepper, chopped  
 1 (15.5 ounce) can tomatoes  
 1 cup water  
 ¾ cup uncooked long-grain rice  
 ½ cup chile sauce  
 1 teaspoon salt  
 ½ teaspoon ground cumin (optional)  
 ½ teaspoon Worcestershire sauce  
 1 pinch ground black pepper  
 ½ cup shredded Cheddar cheese  
 2 tablespoons chopped fresh cilantro (optional)

*Recipe provided by allrecipes.com*

**Variation:** To lower fat content: Use lowfat cheese.

1. Preheat oven to 375°F.
2. Brown the ground beef in a large skillet over medium-high heat. Drain excess fat and transfer beef to a large pot over medium low heat. Stir in the onion, green bell pepper, tomatoes, water, rice, chile sauce, salt, brown sugar, cumin, Worcestershire sauce, and ground black pepper.
3. Let this simmer from about 30 minutes, stirring occasionally, then put into a 2-quart casserole dish. Press down firmly and sprinkle with the shredded Cheddar cheese.
4. Bake for 10 to 15 minutes, or until cheese is melted and bubbly. Garnish with chopped fresh cilantro, if desired.

**Makes 4 servings**

### Nutrition Information for each serving of Spanish Rice Bake:

|                   |      |                    |        |           |        |         |        |
|-------------------|------|--------------------|--------|-----------|--------|---------|--------|
| Calories          | 560  | Cholesterol        | 110 mg | Sugar     | 4 g    | Calcium | 200 mg |
| Calories from Fat | 240  | Sodium             | 1060 g | Protein   | 36 g   | Iron    | 5 mg   |
| Total Fat         | 27 g | Total Carbohydrate | 42 g   | Vitamin A | 375 RE |         |        |
| Saturated Fat     | 12 g | Dietary Fiber      | 3 g    | Vitamin C | 102 mg |         |        |

## Chili

12 ounces ground beef  
 1 cup onion, chopped (1 large onion)  
 ½ cup green bell pepper, chopped  
 2 cloves garlic, minced  
 1 (15.5 ounce) can tomatoes, cut up  
 1 (15.5 ounce) can dark red kidney beans, rinsed and drained  
 1 (8 ounce) can tomato sauce  
 2 to 3 teaspoons chili powder  
 ½ teaspoon dried basil, crushed  
 ¼ teaspoon pepper

*Recipe provided by bhg.com (Better Homes and Gardens)*

1. In a large saucepan, cook ground beef, onion, bell pepper, and garlic until meat is brown and onion is tender. Drain fat.
2. Stir in undrained tomatoes, kidney beans, tomato sauce, chili powder, basil, and pepper.
3. Bring to boiling; reduce heat. Cover and simmer for 20 minutes.

**Makes 4 servings**

### Nutrition Information for each 1 cup serving of Chili:

|                   |      |                    |       |           |        |         |        |
|-------------------|------|--------------------|-------|-----------|--------|---------|--------|
| Calories          | 420  | Cholesterol        | 70 mg | Sugar     | 9 g    | Calcium | 100 mg |
| Calories from Fat | 160  | Sodium             | 940 g | Protein   | 30 g   | Iron    | 5 mg   |
| Total Fat         | 17 g | Total Carbohydrate | 35 g  | Vitamin A | 600 RE |         |        |
| Saturated Fat     | 7 g  | Dietary Fiber      | 12 g  | Vitamin C | 42 mg  |         |        |

**These recipes, presented to you by USDA, have not been tested or standardized.**

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