

# BEEF STEW

## CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

Revised 02/23/04

### Product Description

- **Canned Beef Stew** is a ready-to-eat product; just heat and serve.
- Ingredients include chunks of beef, potatoes, and carrots, packed in brown gravy.

### Pack

Beef stew is packed in a 24-ounce can, which totals about three cups of stew, about 3 servings.

### Storage

- Store unopened cans of beef stew in a cool, dry place off the floor.
- Store leftover stew in a covered container and refrigerate. Use within 3 to 4 days.

### Uses and Tips

- Canned beef stew makes a complete meal if served over pasta, noodles, or rice with a vegetable or green salad as an accompaniment.

*(See recipes on reverse side)*



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### Nutrition Information

- ***Canned Beef Stew*** is an excellent source of vitamin A and a good source of protein and iron.
- 1 cup of canned beef stew provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size 1 cup (240g) canned beef stew	
Amount Per Serving	
<b>Calories</b> 215	Fat Cal 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9 g	<b>13%</b>
Saturated Fat 4 g	<b>19%</b>
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 980 mg	<b>40%</b>
<b>Total Carbohydrate</b> 21 g	<b>7%</b>
Dietary Fiber 2 g	<b>8%</b>
Sugars 3 g	
<b>Protein</b> 13g	<b>26%</b>
Vitamin A 25%	Vitamin C 0%
Calcium 2%	Iron 12%
*Percent Daily Values are based on a 2,000 calorie diet.	

(Note: This beef stew is commercially labeled. The above nutritional information is a composite of the different brands offered.)

## Beef Stew Pot Pie

1 (24 ounce) can beef stew  
1 cup baking mix water

1. Preheat oven to 350°F.
2. Prepare baking mix following biscuit recipe.
3. Place beef stew in casserole dish. Spoon biscuit batter on top of beef stew.
4. Bake until biscuits are light brown.

**Makes 4 servings**

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### Nutrition Information for each serving of Beef Stew Pot Pie:

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Calories	290	Cholesterol	25 mg	Sugar	2 g	Calcium	60 mg
Calories from Fat	120	Sodium	1070 mg	Protein	11 g	Iron	1 mg
Total Fat	14 g	Total Carbohydrate	30 g	Vitamin A	900 RE		
Saturated Fat	5 g	Dietary Fiber	3 g	Vitamin C	6 mg		

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## Shepherd's Pie

1 (24 ounce) can beef stew  
2 cups prepared mashed potatoes

1. Preheat oven to 350°F.
2. Place beef stew in casserole dish. Spoon mashed potatoes on top.
3. Bake until golden brown.

**Makes 4 servings**

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### Nutrition Information for each serving of Shepherd's Pie:

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Calories	280	Cholesterol	40 mg	Sugar	2 g	Calcium	40 mg
Calories from fat	120	Sodium	1000 mg	Protein	10 g	Iron	1 mg
Total Fat	14 g	Total Carbohydrate	29 g	Vitamin A	900 RE		
Saturated Fat	7 g	Dietary Fiber	5 g	Vitamin C	15 mg		

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

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