



Quick and Easy Canned Food Recipes

CANNED BEANS AND MACARONI:

Ingredients:

One pound package of elbow macaroni
One 18-24 oz jar of spaghetti sauce
One 15-16 oz can of beans

Directions:

1. Boil water for macaroni and cook the macaroni according to the package directions.
2. Warm the tomato sauce and pour it over the macaroni
3. Open a can of your favorite beans. Place them in a strainer and rinse until the water runs clear.
4. Add them the macaroni and sauce mixture.
5. Enjoy!

Did you know? Canned beans of all types (black beans, red beans, butter beans, garbanzo beans, etc.) are often fat free. They're high in fiber and rich in protein, and they may be used right from the can to add flavor, color and texture to a variety of meatless meals ranging from salads to spaghetti and sauce!

BEEF STEW BAKERS:

Ingredients:

Two potatoes for baking
One 15-16 oz can of beef stew
One 8 oz can of carrots

Directions:

1. Bake the potatoes in the microwave (about 7 minutes) or the oven (about 45 minutes).
2. Open the can of beef stew. Place the beef stew in a saucepan and place it on your stovetop under medium heat.
3. Open the 8 oz can of carrots and drain the water. Place the carrots in a strainer and rinse them to remove the canning fluid.
4. Add the carrots to the beef stew.
5. Cook the carrots and stew until the stew reaches 165° or until hot all the way through.
6. Split open the baked potatoes with a knife.
7. Pour the stew mixture over the potatoes.
8. Enjoy!