

CANNED-MEAT RECIPES

The canned meat issued to you by your local relief agency comes to you through the cooperation of the Federal Surplus Relief Corporation, the Agricultural Adjustment Administration, and your State Relief Administration. It has been properly processed and inspected in established packing plants throughout the country and is a thoroughly wholesome and appetizing food

Keep the cans of meat in a cool, dry place.

Once the can is opened, the meat should be handled as carefully as any cooked meat. If you do not use the whole can at one meal, keep the left-overs in a cold place and use within 24 hours. If there is any sign that the meat has begun to spoil because it was kept too long after the can was opened, do not even taste it.

Canned meat has been cooked thoroughly in the can, but it is a good idea to heat it to boiling before serving.

There are many ways to serve canned meat in good-tasting hot dishes. The following recipes to serve 4 or 5 persons are made up on the basis of a 1-pound 4-ounce or 1-pound 8-ounce can of meat, but a smaller can of meat and more of the other ingredients can be used if desired. Most of these dishes can be cooked on the top of the stove.

All measures are level.

Hamburger and onion sandwich.—Cook 1 pint sliced onions tender in 3 cups of boiling salted water. Thicken with flour mixed with cold water and cook several minutes longer. Stir in a can of hamburger or other meat and heat thoroughly. Season to taste with salt and pepper. Use as the filling for hot sandwiches with bread or hot biscuit.

Savory hamburger.—Cook a sliced onion with 2 or 3 cups of tomatoes, add a can of hamburger or other meat, thicken slightly with a little flour mixed with cold water, and cook a few minutes longer. Season to taste. Serve on slices of toast, or with cooked rice, hominy, hominy grits, macaroni, spaghetti, noodles, or cracked or whole wheat.

Meat and rice in Spanish sauce.—Boil 1 cup of rice in salted water and drain. Mix the cooked rice with 2 to 3 cups of tomatoes, a can of meat, and a sliced onion. Cook until the mixture thickens, then season to taste. Or, in place of the rice use cooked hominy, hominy grits, macaroni, spaghetti, noodles, or cracked or whole wheat.

Meat stew with dumplings.—Cook about 2 quarts of sliced vegetables in 1 quart of salted water until tender. Onions, turnips, carrots, and potatoes are a good combination. Thicken with flour mixed to a paste with a little cold water. Stir in a can of meat and season to taste. For dumplings, sift 1 pint of flour with three-fourths teaspoon of salt and 1 tablespoon of baking powder, work in 2 tablespoons of fat, add 1 cup of liquid (water or milk). Drop by spoonfuls over the stew, cover tightly to hold in steam, and cook for 15 to 20 minutes.

Southern hash.—Drain or melt the broth from a can of meat. Cut the meat and several potatoes (raw or cooked) in small pieces; slice an onion. Brown in a little fat. Add the broth; cook slowly for about 30 minutes; season to taste.

Chili con carne.—Soak one-half pound of chili beans or red kidney beans in 1 quart of water overnight. Cook until tender. Cut a little suet or salt pork in small pieces and fry until crisp. Add a can of meat separated in small pieces, or a can of hamburger, a sliced onion, several garlic buttons, and cook for a few minutes. Add this mixture to the beans and season to taste with salt and chili powder. Cook slowly until thick.

Browned hash.—Chop or grind together several cooked potatoes, a can of meat, and an onion. Or, knead together 1 can of hamburger, 1 quart of mashed potatoes, and 1 chopped onion. Season to taste with salt and pepper. Mold into flat cakes and fry slowly on both sides until crusty. Or spread the mixture in an even layer in a greased frying pan and cook slowly until well browned.

Panned cabbage and meat.—Heat 3 tablespoons of fat in a large pan, add 3 quarts of shredded cabbage, cover to keep in steam, and cook for 10 to 15 minutes, stirring frequently. Add a can of meat, and heat thoroughly. Season to taste with salt, pepper, and a little vinegar.

Cabbage rolls.—Wilt cabbage leaves in hot, salted water until they are limp enough to roll. Mix a can of meat cut up into small pieces, or a can of hamburger, a chopped onion, bread crumbs or cooked rice, moisten with gravy, milk, or tomatoes, and season to taste. Put some of the meat mixture on each leaf and roll. Put the rolls folded side down in a baking dish or pan. Pour in enough tomatoes or gravy or hot water to cover the bottom of the dish. Bake in a moderate oven for about an hour, or until the cabbage is tender. Or cook in a heavy covered kettle on top of the stove.

Meat pie.—Make a meat and vegetable stew and turn into a shallow pan or baking dish. Cover with mashed potatoes or biscuit dough. Bake in a hot oven until hot through and browned over the top.

For the biscuit dough, sift 1 quart of flour with 1½ teaspoons of salt and 2 tablespoons of baking powder. Work in 4 tablespoons of fat. Add enough liquid (water or milk), about 1½ cups, to make a soft dough. Roll out or pat the dough about three-fourths of an inch thick. Cover the pie with the sheet of dough, or cut it into biscuits and place them close together over the top of the meat and vegetables.

Tamale pie.—Cook together 2 cups of corn meal, 2 teaspoons of salt, and 4 cups of water to make a fairly thick mush. Spread half of the mush in a layer in a greased baking pan or dish. Cover with a can of meat cut into pieces, or a can of hamburger, 1 pint of tomatoes, and a chopped onion. Sprinkle with salt and pepper. Cover with the rest of the mush. Bake in a moderate oven until hot through and browned on top.

Prepared by the

BUREAU OF HOME ECONOMICS, U. S. DEPARTMENT OF AGRICULTURE

in cooperation with the

FOODS AND NUTRITION SECTION, FEDERAL EMERGENCY RELIEF ADMINISTRATION

Washington, D. C.

1935

