Can·Do RECIPES

a series of simple recipes using canned foods

Corn

Southwest Corn and Bean Medley

Servings: 4

Ingredients:

- ¾ cup onion (chopped)
- 1 (15-ounce) can whole-kernel corn, liquid drained and reserved
- 1 (15-ounce) can red kidney beans, drained and rinsed
- 1 tablespoon chili powder

Directions:

1. Heat 3 tablespoons of liquid from canned corn in saucepan over medium-high heat.
2. Cook onion in liquid until soft, about 2 minutes.
3. Add corn, kidney beans, remaining corn liquid and chili powder to onion mixture.
4. Cook over low heat for 10 minutes. Let cool 5 minutes before serving.
5. Refrigerate leftovers immediately.

Adapted from USDA, http://recipefinder.nal.usda.gov

Archive - See extension.missouri.edu

Running out of money for food?

Contact your local food stamp office or go online to: dss.mo.gov/fsd/fstamp.

Additional cooking tip:

- Cook ground meat, where bacteria can spread during grinding, to at least 160°F. Remember, color is not a reliable indicator of doneness, use a food thermometer.

Taco Soup

Servings: 5

Ingredients:

- ½ pound ground beef
- 1 can (14.5-ounce) diced tomatoes
- 1 can (15-ounce) corn, drained
- 1 can (15-ounce) red kidney beans, rinsed and drained
- 1½ teaspoon chili powder
- 1 teaspoon garlic powder
- 1 cup water

Directions:

1. Cook meat in a pot over medium heat until brown. Drain fat, if any.
2. Mix all the ingredients in a pot, cover with a lid and cook on low for 30 minutes.
3. Let cool slightly before serving.
4. Refrigerate leftovers immediately.

Adapted from USDA, http://recipefinder.nal.usda.gov

Additional cooking tip:

- To separate egg whites from egg yolks gently crack an egg on a flat surface. Over a bowl gently pull apart the shell halves making sure that the egg yolk is resting in one side of shell. Carefully pass the egg yolk back and forth between the shell halves until the whites have fallen into bowl. Put egg yolk in a separate bowl.

Substitutions:

- If substituting fresh herbs for dried herbs use 1/3 of what the recipe asks because dry herbs are more potent. Conversely if a recipe calls for dried and you would like to use fresh triple the amount the recipe calls for.

South of the Border Burrito

Servings: 6

Ingredients:

- 1 can (15-ounce) corn, drained
- 1 can (15-ounce) black beans, drain and rinse
- 1 can (14.5-ounce) diced tomatoes with green chilies
- 1½ tablespoons olive oil (or canola oil)
- 3 tablespoons lemon or lime juice
- Salt and pepper to taste
- 2 cups premade rice
- 6 8-inch tortillas

Directions:

1. Mix corn, black beans and tomatoes in a large bowl.
2. In a separate, small bowl, mix oil, juice and pepper for dressing.
3. Pour dressing over corn mixture and mix well.
4. Cover and refrigerate for at least 2 hours.
5. Divide rice and bean mixture evenly between tortillas, roll and heat in a 350 degree oven until warm approximately 10 minutes.
6. Refrigerate leftovers immediately.

Adapted from USDA, http://recipefinder.nal.usda.gov

MEASUREMENT EQUIVALENTS:

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅛ tablespoons	= 1/3 cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

Corn Pudding

Servings: 12

Ingredients:

- Nonstick spray oil
- 2 (15-ounce) cans corn kernels, drained
- 1 (15-ounce) can cream-style corn
- 1 cup fat-free sour cream
- 3 large eggs
- 2 tablespoons butter, melted
- 1 package (8.5-ounce) corn muffin mix

Directions:

1. Heat oven to 375°F; spray a 9-by-13-inch baking dish with oil.
2. Beat eggs in a large mixing bowl for 1 minute. Stir in remaining ingredients.
3. Pour into the prepared baking dish and bake for 40 minutes or until browned and springy in the center.
4. Let cool slightly before serving.
5. Refrigerate leftovers immediately.

Adapted from Canned Food Alliance, www.mealtime.org

Microwave Potato Corn Chowder

Servings: 4

Ingredients:

- ¼ cup margarine
- 4 tablespoons flour (all purpose)
- 2 cups nonfat milk
- 1 (16-ounce) can corn
- 1 (15-ounce) can sliced or diced potatoes, drained
- Salt and pepper to taste
- Garlic powder to taste

Directions:

1. Melt margarine in a microwave safe bowl for 30-50 seconds.
2. Stir in flour until smooth. Mix in milk.
3. Cook in microwave for 6 to 8 minutes, until thickened, stirring well each minute.
4. Add undrained corn, drained potatoes, and seasoning to white sauce; cook 2-3 minutes or until hot.
5. Refrigerate leftovers immediately.

Adapted from USDA, http://recipefinder.nal.usda.gov

COOKING TERMS

BLEND: To incorporate two or more ingredients thoroughly.

CHOP: to cut solids into pieces with a sharp knife or other chopping device. Finely chop is just chopping solids into small pieces.

We hope you enjoy the recipes!

For additional information on nutrition and physical activities you can do with your family, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

Each caller will receive a free healthy gift!

For more recipes and physical activity ideas, visit us online at **missourifamilies.org**.

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