

Can-Do Mixed Veggies



Easy vegetable beef soup

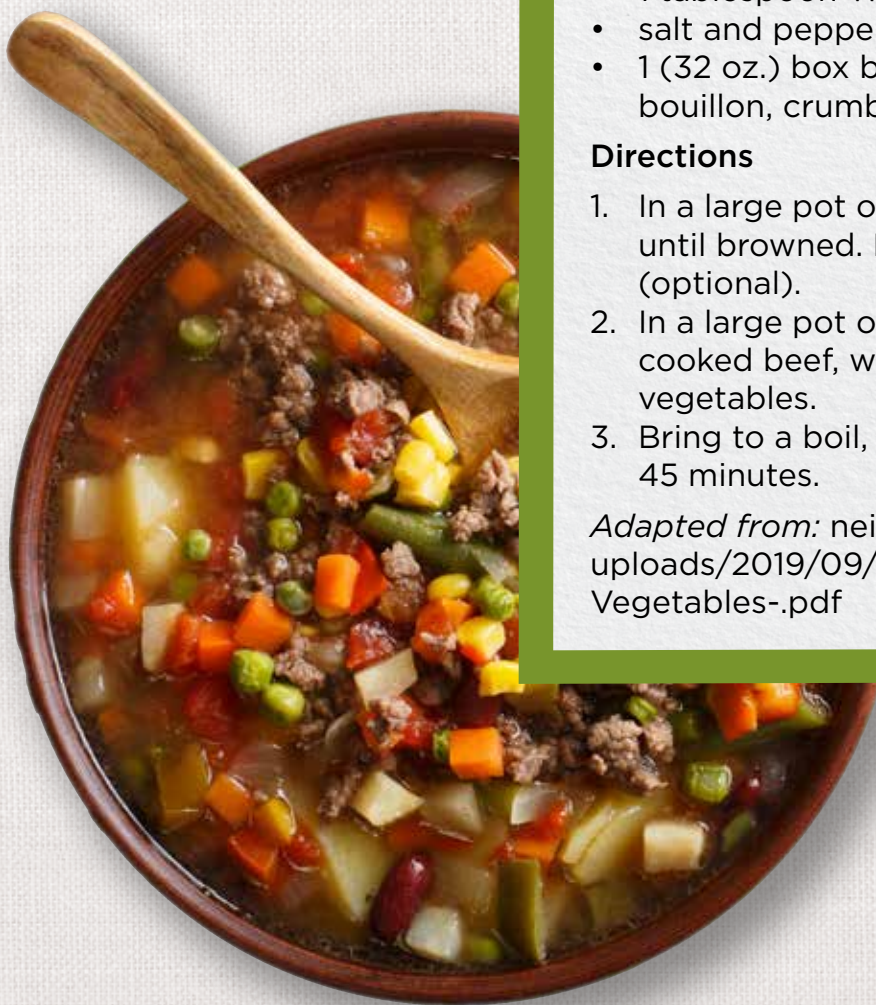
Ingredients

- 1 (15 oz.) can mixed vegetables, drained
- 1 lb. ground beef
- 1 onion, chopped
- 1 (14.5 oz.) can diced tomatoes
- 1 tablespoon Worcestershire sauce (optional)
- salt and pepper to taste
- 1 (32 oz.) box beef broth OR 8 cubes beef bouillon, crumbled and 2 quarts of water

Directions

1. In a large pot over medium heat, cook beef until browned. Drain. Add Worcestershire sauce, (optional).
2. In a large pot over medium heat, combine cooked beef, water, tomatoes, onion & mixed vegetables.
3. Bring to a boil, then reduce heat and simmer for 45 minutes.

Adapted from: neighborsmn.org/wp-content/uploads/2019/09/10-19-Flyer-Canned-Mixed-Vegetables-.pdf



Extension
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Chicken pot pie with biscuits

Ingredients

- 1 (15 ounce) can mixed vegetables, drained
- 1 (10.5 ounce) can cream of chicken soup
- 2 teaspoons garlic, minced
- 2 cups cooked chicken, shredded
- 1 cup mild cheddar cheese, shredded
- ½ teaspoon black pepper
- 1 cup mozzarella cheese, shredded
- 1 (12 ounce) tube refrigerated biscuits
- ½ cup butter

Directions

1. Clean hands and food preparation surfaces.

2. Preheat oven to 375 F. Drain vegetables. Spray a baking dish with nonstick spray.
3. In a large bowl, combine chicken, soup, canned vegetables and cheeses. Mix until combined.
4. Pour mixture into greased baking dish. Melt butter. Open can of biscuits.
5. Cut each biscuit into quarters. Place cut biscuits into a bowl. Drizzle biscuits with melted butter.
6. Toss biscuits and melted butter. Top the chicken mixture with biscuits.
7. Bake uncovered for 20 to 25 minutes. Let cool until it is safe to eat.

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Canned Mixed Vegetable Tips

Canned mixed vegetables are a versatile ingredient and a great way to add nutrients to your meals.

To enhance their flavor and texture, consider:

- Rinse to reduce sodium.
- Blanch to remove a metallic taste, add drained vegetables to a pot of boiling water for two minutes. Finally, transfer them to a bowl of ice water to stop the cooking process.

Consider the following to boost flavor.

- Add fresh or dried herbs like parsley, thyme, or dill, or spices like garlic powder, onion powder, or paprika.
- Sauté in butter or olive oil.

- Incorporate sauces like gravy, tomato sauce, or a vinaigrette to add moisture and flavor.

Ideas for use:

- Add to soups, stews, or chili for added nutrients and texture.
- Use as a base or addition to casseroles like chicken pot pie or veggie casseroles.
- Blend with other ingredients to create veggie burgers or croquettes.
- Add to stuffing recipes.
- Add to cold salads with a vinaigrette or other dressing.
- Add to macaroni and cheese.



Slow cooker beef and veggies

Ingredients

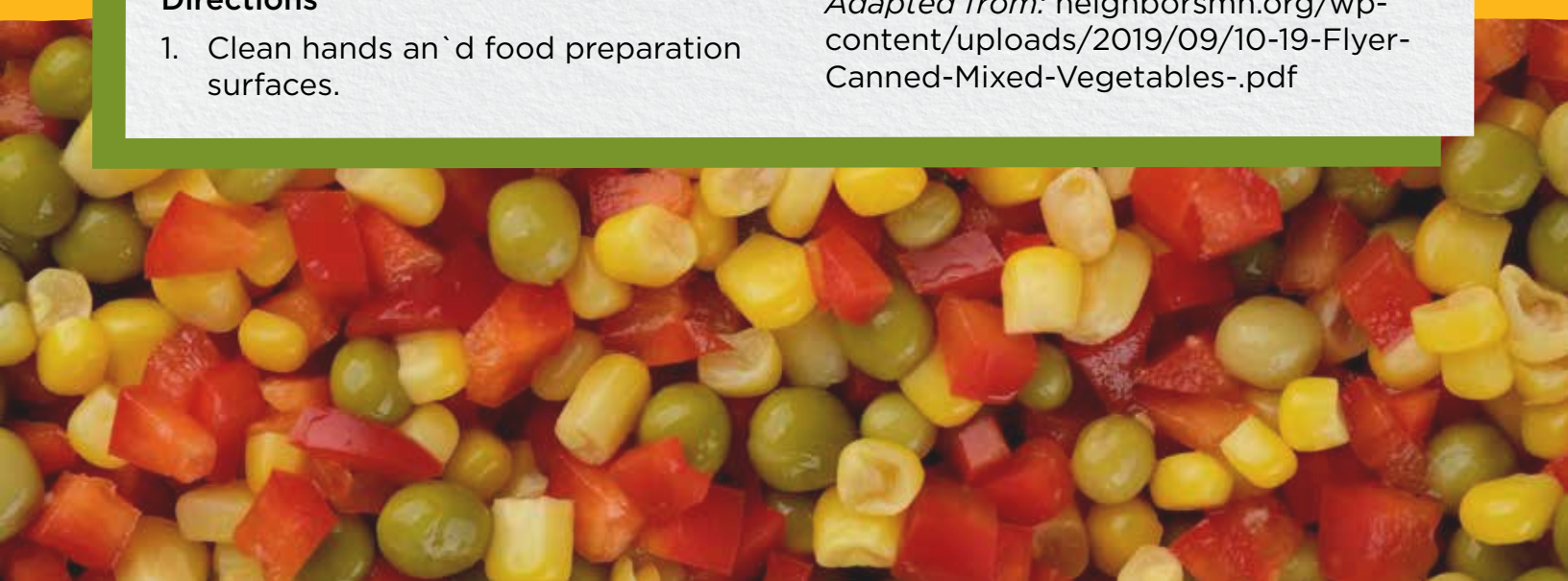
- 2 (15 ounce) cans mixed vegetables, drained
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 1 ½ pounds extra lean boneless chuck roast
- 2 tablespoons tomato paste
- 1 tablespoon chili powder
- 1 (14.5 ounce) can diced tomatoes, undrained
- salt and pepper to taste
- Hot cooked egg noodles (optional)
- 2 tablespoons fresh parsley, chopped (optional)

Directions

1. Clean hands and food preparation surfaces.

2. Heat oil in a medium skillet over medium-high heat. Brown roast 3 minutes on each side.
3. Combine onion, tomatoes, tomato paste and chili powder in a 5 quart slow cooker. Place roast on top.
4. Spoon some sauce over the roast. Cover and cook for 5 hours on HIGH or until roast is tender.
5. In slow cooker, pull roast apart into smaller pieces using 2 forks. Gently stir in mixed vegetables.
6. Cover and heat 5 minutes on HIGH. Season to taste with salt and pepper.
7. To serve, ladle over hot egg noodles and sprinkle with parsley.

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Pasta bake with vegetables

Ingredients

- 2 (15 ounce) cans mixed vegetables, drained
- 1 pound Italian sausage or ground beef, cooked and drained
- 1 (24 ounce) jar prepared pasta sauce
- 8 ounce uncooked pasta, such as penne or rotini
- 2 cups mozzarella cheese, shredded
- $\frac{1}{3}$ cup Parmesan cheese, grated

Directions

1. Clean hands and food preparation surfaces.
2. Preheat oven to 350 degrees F. In a skillet, cook meat. Drain and set aside.
3. Cook pasta according to package instructions in a large saucepan. Drain and return to pan.
4. Stir in meat, pasta sauce, vegetables, 1 cup mozzarella and $\frac{1}{3}$ cup grated Parmesan cheese.
5. Spoon mixture into a greased 9-by-13-inch baking dish and top with remaining mozzarella cheese.
6. Cover loosely with foil and bake 30 minutes. Remove foil and bake 10 to 15 minutes longer.
7. When cheese is bubbly, remove from oven. Cool 10 minutes before serving.

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