

# TOMATO SAUCE

## CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

03/14/03

### Product Description

**Canned Tomato Sauce** is U.S. Grade A. It may be lightly seasoned with salt and spices, and may contain nutritive sweetening ingredients, vinegar, onion, garlic, or other vegetable flavoring ingredients.

### Pack/Yield

Tomato Sauce is packed in a 15.5-ounce can, which yields about 3 ½-cup servings.

### Storage

- Store unopened cans in a cool, dry place off the floor.
- Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration.
- Store opened tomato sauce in a tightly covered nonmetallic container and refrigerate. Use within 2 to 4 days.

### Preparation

Canned tomato sauce is ready to use. Preparation depends on final use and may be part of recipe instructions.

### Uses

- Use tomato sauce as an ingredient in sauces, stews, casseroles, pizza, and soups.



U.S. Department of Agriculture

- Use as a topping for cooked pasta, or as an ingredient in other Italian style dishes.
- Serve warm as a dipping sauce for breadsticks.

### Nutrition Information

- **Tomato Sauce** is an excellent source of Vitamin A and Vitamin C.
- ½ cup of tomato sauce provides 1 serving from the **VEGETABLE GROUP** of the Food Guide Pyramid.

*(See recipes on reverse side)*

Nutrition Facts	
Serving size ½ cup (122g) Tomato Sauce	
Amount Per Serving	
<b>Calories</b> 45	Fat Cal 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 740mg	<b>31%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
<b>Protein</b> 2g	
Vitamin A 25%	Vitamin C 25%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Sloppy Joe Meatballs

1 egg, beaten  
 ¼ cup fine dry bread crumbs  
 1 medium onion, finely chopped (1/2 cup)  
 ¼ teaspoon dried oregano, crushed  
 1 pound lean ground beef or ground bison  
 ½ cup green bell pepper, chopped  
 1 tablespoon vegetable oil  
 1 (15.5 ounce) can tomato sauce  
 2 tablespoons brown sugar  
 1 tablespoon prepared mustard  
 1 teaspoon chili powder  
 ¼ teaspoon ground black pepper  
 ¼ teaspoon garlic salt  
 Dash bottled hot pepper sauce (optional)

*Recipe provided by bhg.com (Better Homes & Gardens)*

1. Heat oven to 350°F. Combine egg, bread crumbs, ¼ cup of the onion, and the oregano in a large mixing bowl. Add the ground meat and mix well.
2. Shape into 42 meatballs about ¾-inch in diameter. Arrange in a single layer in a 15x10x1-inch baking pan. Bake for 12 to 15 minutes, or until internal temperature is at least 160°F. Drain well.
3. Meanwhile, cook remaining ¼ cup onion and the green pepper in hot oil in a large saucepan until vegetables are tender. Stir in tomato sauce, brown sugar, mustard, chili powder, black pepper, garlic salt, and if desired, hot pepper sauce. Bring to boiling.
4. Add meatballs to sauce. Reduce heat and simmer, uncovered, for 5 minutes.

**Makes 6 servings**

### Nutrition Information for each serving of Sloppy Joe Meatballs:

Calories	310	Cholesterol	110 mg	Sugar	6 g	Calcium	44 mg
Calories from Fat	160	Sodium	620 mg	Protein	25 g	Iron	3 mg
Total Fat	18 g	Total Carbohydrate	14 g	Vitamin A	106 RE		
Saturated Fat	6 g	Dietary Fiber	2 g	Vitamin C	20 mg		

## Hearty Buffet Chili

1 pound lean ground beef or ground bison  
 1/3 cup chopped onion  
 1 clove garlic, minced  
 1 (15.5 ounce) can tomatoes, cut up  
 1 (15.5 ounce) can tomato sauce  
 2 teaspoons chili powder  
 1 teaspoon salt  
 ½ teaspoon crushed red pepper  
 ¼ teaspoon black pepper  
 1 (15.5 ounce) can kidney beans  
 1 to 2 cups cooked rice  
 ½ cup (4 ounces) shredded Monterey Jack or cheddar cheese (optional)  
 ½ cup chopped onion (optional)  
 ½ cup dairy sour cream (optional)

*Recipe provided by bhg.com (Better Homes & Gardens)*

**Makes 6 servings**

### Nutrition Information for each 1 cup serving of Hearty Buffet Chili:

Calories	350	Cholesterol	76 mg	Sugar	6 g	Calcium	64 mg
Calories from Fat	130	Sodium	970 mg	Protein	28 g	Iron	4 mg
Total Fat	14 g	Total Carbohydrate	28 g	Vitamin A	117 RE		
Saturated Fat	5 g	Dietary Fiber	7 g	Vitamin C	21 mg		

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

### U.S. Department of Agriculture • Food and Nutrition Service

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14<sup>th</sup> & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

