

# TOMATO JUICE

## CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

Revised: 02/04/03

### Product Description

Canned tomato juice is 100% juice. Salt has been added for flavor. This juice has been fortified with vitamin C.

### Pack/Yield

The juice is packed in 46-ounce cans, which provide 7  $\frac{3}{4}$ -cup (6-ounce) servings.

### Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- Store leftover tomato juice in a covered container and refrigerate. Use within 5 to 7 days.

### Uses and Tips

- Mix tomato juice in a blender with chopped carrots and celery for a vegetable smoothie.
- Drink as a mealtime beverage to get another serving of vegetables into your diet.

*(See recipes on reverse side)*



U.S. Department of Agriculture

### Nutrition Information

- **Tomato Juice** provides less than 50 calories per serving and is low in fat.
- Fortified tomato juice is a good source of vitamin C and Vitamin A.
- A  $\frac{3}{4}$ -cup serving of tomato juice provides 1 serving from the **VEGETABLE GROUP** of the Food Guide Pyramid.

<b>Nutrition Facts</b>	
Serving size $\frac{3}{4}$ cup (182 g) fortified tomato juice, canned	
<b>Amount Per Serving</b>	
<b>Calories</b> 30	Fat Cal 0
% Daily Value*	
<b>Total Fat</b> 0.1 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 660 mg	<b>27%</b>
<b>Total Carbohydrate</b> 7 g	<b>2%</b>
Dietary Fiber 0 g	<b>0%</b>
Sugars 7 g	
<b>Protein</b> 1 g	
Vitamin A 20%	Vitamin C 100%
Calcium 0%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Easy Chili

2 pounds lean ground beef  
 3 medium onions, chopped (about 1½ cups)  
 1 small green pepper, chopped (about ½ cup)  
 1 tablespoon chili powder  
 3 cups tomato juice  
 1/3 cup catsup  
 2 (15.5 ounce) cans kidney beans, drained  
 and rinsed

1. In a large skillet, over medium heat, brown beef, onions, and green pepper until beef is browned and mixture falls apart. Drain and discard fat.
2. Add chili powder, tomato juice, catsup, and beans.
3. Heat to a boil. Reduce heat to low and cook 15 minutes.

**Makes approximately 12 1-cup servings**

*Recipe provided by Campbell's*

---

### Nutrition Information for each serving of Easy Chili:

Calories	340	Cholesterol	47 mg	Sugar	16 g	Calcium	56 mg
Calories from Fat	103	Sodium	1727 mg	Protein	19 g	Iron	3.2 mg
Total Fat	11.5 g	Total Carbohydrate	43 g	Vitamin A	168 RE		
Saturated Fat	4.3 g	Dietary Fiber	5 g	Vitamin C	34 mg		

---

## Chicken Corn Chowder

2 tablespoons butter or margarine  
 ½ cup finely chopped onion  
 3 tablespoons flour  
 3 cups tomato juice  
 ½ cup milk  
 ¼ teaspoon pepper  
 2 cups cubed chicken or turkey\*  
 1 (15.5 ounce) can whole kernel corn, drained

1. In a large saucepan, over medium heat, melt butter or margarine.
2. Add onion and cook until tender.
3. Blend in flour.
4. Gradually stir in tomato juice, milk, and pepper until smooth.
5. Cook until mixture boils and thickens slightly, stirring constantly.
6. Add chicken or turkey and corn.
7. Heat through.

**Makes approximately 8 1-cup servings**

\* For 2 cups cubed cooked chicken: in a medium saucepan, cook 1 pound skinless, boneless chicken breasts or thighs, cubed, for 5 minutes, until meat is no longer pink.

*Recipe provided by Campbell's*

---

### Nutrition Information for each serving of Chicken Corn Chowder:

Calories	156	Cholesterol	38 mg	Sugar	5 g	Calcium	37 mg
Calories from Fat	47	Sodium	474 mg	Protein	13 g	Iron	1.4 mg
Total Fat	5.2 g	Total Carbohydrate	15 g	Vitamin	96 RE		
Saturated Fat	2.5 g	Dietary Fiber	1 g	Vitamin C	11 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.