

# Clarifying the Contents: Meat

There is a wide range of canned meat products available, from traditional favourites such as mince with onions or Steak and Kidney Pie, to spicy alternatives including chicken curry and Chilli con Carne. Teamed with other ingredients, it can help make a balanced meal that provides some important vitamins and minerals.

## ● Amanda Ursell says ●

“Canned meat products have traditionally been perceived as full of additives and unhealthy, but they are sealed and preserved by pressure cooking food in the can - in fact, canned meat can be great for minerals such as zinc – which we need for male fertility and a strong immune system – to iron, which many women in the UK are eating too little of and can lead to tiredness, stress and even thinning hair and poor concentration. The quality of canned meat has improved greatly since 2005 - for example, Irish Stew now contains 100% lean lamb leg. The quality of canned meat is nowadays the same as the meat used in chilled and ready meals.”

### What's in the Can?

Since 2005, the amount of artificial colours used in canned ready meals containing meat has dropped by up to 95%.

The canned food industry has worked hard to reduce the amount of salt in meat - almost 8 tons of salt has been removed from Steak & Kidney Pie each year since 2005.

For fans of more traditional meals, the amount of colours in Irish Stew has halved during the past three years.



Amanda Ursell is a qualified nutritionist and has a diploma in dietetics. She is also an award winning journalist, television presenter and author.

## What's in my canned mince beef? 100g of canned minced beef gives you:

11g of protein, which is nearly a quarter of a woman's and nearly a fifth of a man's daily needs.

1.6mg of the 14.8mg of iron a woman needs each day and the 8.7 a man needs daily.

Almost a third of a woman's and almost a fifth of a man's zinc needed for the day.

A good range of B vitamins needed for energy release, including vitamins B1, B2 and B12.



## Store Cupboard Essentials

- Eating canned meat with a mixture of fresh, frozen and chilled food can contribute to a healthy balanced diet
- Canned meat is great for certain nutrients such as iron and zinc
- Buying canned meat is often more affordable than fresh – making it good value and a great way to reduce the weekly grocery bill
- Canned meat can be used straight out of the can – it is quick and easy to reheat, reducing preparation time

### Notes to editor:

Data was provided by Premier Foods and Heinz, filler members of Canned Food UK, and TNS in Q1 2009 as sourced by Canned Food UK. Participants in the research include. The research excludes imported produce. Market data was taken from the TNS Canned Food Report 2008/09

# Recipe Sheet

## Meatball and Baked Bean Boats

Serves 4

Preparation and cooking time: 15 minutes



## Ingredients



2 large baking potatoes

1 x 410g can meatballs in tomato sauce

1 x 415g can baked beans

50g mozzarella cheese, grated

Course:  
**Snack**

Dish:  
**Meat**

Serves:  
**4**

Nutritional information per serving:

Calories: 321  
Protein: 19.9g  
Fat: 11.2g  
Saturated fat: 4.7g  
Carbohydrate: 37.7g  
Fibre: 5.8g

## Instructions



1. Prick the potatoes and bake into the microwave for 5-6 minutes or until a knife can be inserted easily to the soft flesh. (This could also be done in the oven if preferred - allow 1 hour).
2. Cut the potatoes in half and scoop a few spoonful of flesh out of the potatoes.
3. Meanwhile, empty the contents of the meatballs and baked beans into a saucepan and heat gently.
4. Spoon into the potato boats and sprinkle with the cheese.
5. Cook under a preheated grill until the cheese is melted and golden brown.