



## **North York Harvest Food Bank**

Nutrition and Health Community Kitchen Program

***Week #4- You CAN do it! - Using  
Canned and Frozen Vegetables***

**Participant Package**

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## Key Messages

**Key Message #1:  
Canned and frozen  
vegetables are just as  
nutritious as fresh  
options**

**Key Message #2:  
Canned and frozen  
vegetables are  
available year round  
and can be more  
affordable than fresh  
options**

**Key Message #3:  
Canned and frozen  
vegetables can be  
conveniently added to  
recipes you already  
love**



**Frequently Asked  
Questions**

### **What does the “Use By” or “Best Before” dates on my canned vegetables mean?**

The “Use By” or “Best Before” dates tell you how long the food will be at its best quality as decided by the canning company. Cans that are not damaged and have been stored properly might still be safe to eat after this date.

***These dates do not guarantee the safety of the product.***

You can buy and eat food even if the “Best Before” or “Use By” date has passed. When the date is passed, the food may lose some of its nutritional value.

However, if the can is damaged or bloated it might be a sign that the food is no longer safe.

***When in doubt, throw it out!***

### **Do canned vegetables have preservatives?**

Not all. Canned vegetables are often cooked before they are canned and therefore don’t need any preservatives to prevent spoilage. You might see words like “salt” and “citric acid,” which are natural preservatives that help keep the food’s quality and safety.

### **Can I freeze my own vegetables?**

Yes! You can buy vegetables when they are in season and on sale and then freeze them to use later. The way you freeze the vegetables varies by the type of vegetable. For more information use the Food Land Ontario Freezing Guide <http://www.foodland.gov.on.ca/english/freezing-on-veg.html>

# Recipes



## Crowd-Pleasing Vegetarian Chilli

*Adapted from Dietitians of Canada*

Yield: 2 servings

This vegetarian chilli is a great way to get more fibre into your diet!



### Equipment needed:

- Large saucepan
- Can opener
- Strainer
- Knife
- Cutting board
- Measuring cups and spoons
- Mixing spoon
- Ladle
- Spoons and bowls for serving

### Ingredients:

1 teaspoon	vegetable oil	1 tablespoon	chilli powder
¼ cup	onion, chopped	1 teaspoon	ground cumin
½ cup	red bell pepper, chopped	½ (28 oz/796 mL can)	tomatoes
2	cloves garlic, minced	½ (14 oz/398 mL can)	black or red kidney beans, drained and rinsed
½ cup	stalk celery, chopped	½ (12 oz/355 mL can)	corn kernels, drained
1 cup	unpeeled, diced zucchini	2 tablespoon	shredded Cheddar cheese, to garnish

**Directions:**

1. In a large saucepan, heat oil over medium-high heat. Add onion, red pepper, garlic and celery; cook until vegetables are tender.
2. Stir in chilli powder and cumin; cook for 1 minute.
3. Add tomatoes, breaking up with spoon.
4. Stir in beans, corn and cereal; bring to a boil.
5. Reduce heat, cover and simmer for 5 minutes.
6. Serve sprinkled with cheese on top.

**Note on leftover canned vegetables:**

*Canned tomatoes:* If you have a freezer, put the rest of the canned tomatoes in plastic container and freeze them. You can use them the next time you make a soup or chilli.

*Canned beans:* You can use the leftover beans to make a bean dip or bean salad.

*Canned corn:* You can use the leftover canned corn as a side dish or to add to a bean salad.



## Sweet Chili Tofu Stir-Fry

*Adapted from Dietitians of Canada*

Yield: 2 servings



Stir-frying is a fast and easy way to use canned and frozen vegetables and a lean protein like tofu. The combination of ingredients creates a delicious flavour without the need for too much sauce or seasoning making this a very healthy choice.

### Equipment Needed:

- Wok or large frying pan
- Stockpot
- Strainer
- Knife
- Measuring cups and spoons
- Can opener
- Tongs
- Serving spoon
- Forks and bowls for serving

### Ingredients:

- 1 tablespoon oil (eg. vegetable or canola)
- 5 oz firm tofu, cut into thin strips
- ½ cup sliced Spanish onion
- 1 cup frozen broccoli florets
- ½ cup baby carrots, cut into bite-size pieces
- ½ cup julienned red bell pepper
- 1 can (14oz) canned wax green or yellow beans
- ¼ cup water
- 1 tablespoon sweet chili sauce
- 1 teaspoon grated orange zest
- 1 tablespoon chopped fresh cilantro (optional)
- 1 (7oz) package udon noodles or noodles of your choice

### Directions:

1. Heat a wok or large frying pan over medium-high heat. Spray with vegetable cooking spray.
2. Brown tofu on both sides, then remove from pan and set aside.
3. Add onion to wok and sauté for 1 minute. Add broccoli, carrots, peas and red pepper; stir-fry until tender-crisp, about 5 minutes.
4. Return tofu to wok and stir in broth, chili sauce and orange zest. Heat until bubbling.
5. Transfer stir-fry to serving platter and sprinkle with cilantro, if using.

### For the Noodles:

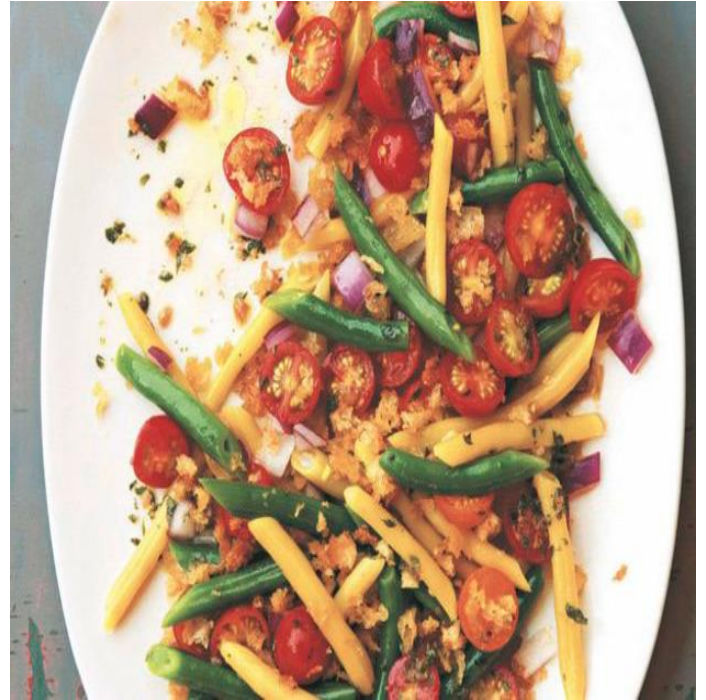
Cook the noodles according to the package instructions. Serve in a bowl with the stir-fry on top.



## Wax Bean Salad

Yield: 2 Servings

This salad is an excellent way to use the canned wax beans in your cupboard. The beans provide the base of the salad and it can be topped off with any of your favourite vegetables.



### Equipment Needed:

- Cutting board and chopping knife
- Large bowl for salad
- Small bowl for dressing
- Measuring spoons and cups
- Whisk

### Ingredients:

#### *Salad:*

- 1 can rinsed and drained yellow or green canned wax beans
- 1 cup chopped red pepper
- ½ cup onion

Add any other vegetables that you like such as frozen broccoli or carrots

#### *Vinaigrette:*

- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

### Directions:

1. Rinse and drain wax beans and add to a large bowl with chopped vegetables.
2. Mix oil, vinegar and salt and pepper to make vinaigrette.
3. Add dressing to beans and chopped vegetables.
4. Store in container in fridge for 3-4 days.