

# CORN BEEF WITH PUMPKIN AND GREEN VEGETABLES

**Number of servings:** 6.5  
**Serving Size:** 1 cup

**Ingredients:**

- 1 (12 ounce) can corned beef
- 1 cup boiling water
- ½ medium onion
- 5 cloves of garlic
- ½ medium fresh pumpkin - approximately 6 cups diced
- ½ cup water
- 2 cups green leafy vegetables

**Directions:**

1. Open can of corned beef and place in a bowl. ADD 1 cup boiling water and MASH corned beef with fork. Let mixture stand for 5 minutes.
2. SLICE onion and DICE garlic.
3. DICE pumpkin.
4. DRAIN liquid from corned beef and throw away the liquid.
5. In a large pan/skillet on medium heat, ADD corned beef, onions and garlic. FRY for 3-4 minutes.
6. ADD pumpkin and water to pan. STIR mixture. Cover pan and simmer for 10-12 minutes stirring occasionally.
7. ADD green leafy vegetables. Cook for another 3-5 minutes or until pumpkin and leafy greens are tender.

<b>Nutrition Facts</b>	
Serving Size 1 cup (213g)	
Servings Per Container 6.5	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	12 %
Saturated Fat 3.5g	17 %
Trans Fat 0g	0 %
<b>Cholesterol</b> 45mg	15 %
<b>Sodium</b> 540mg	22 %
<b>Total Carbohydrate</b> 10g	3 %
Dietary Fiber less than 1g	4 %
Sugars 2g	
<b>Protein</b> 16g	
Vitamin A 180%	Vitamin C 30%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4	

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**

For more information: <http://www.ctahr.hawaii.edu/NEW/resources/SafeFoodHandling.pdf>

\* Recipe contributed by the College of the Marshall Islands Cooperative Research and Extension Services