Our word “squash” comes from the Massachusetts Indian word *askutasquash*, meaning “eaten raw or uncooked.” Native to northern Argentina near the Andes, squash was brought to Central and North America in the 16th century. Sweet potatoes are native to the Americas while yams are native to Asia and Africa.

Types of Canned Squash & Sweet Potatoes

There are two types of canned pumpkin: the kind that is premixed with sugar and spices to use as pie filling and the kind that is only pumpkin with no added ingredients (often called solid pack.) It is best to buy only the solid pack pumpkin, as it allows you the greatest number of options for cooking.

Sweet potatoes are not really potatoes and, although these bright orange root vegetables are often called yams, true yams have a light yellow flesh and are drier in texture. Most canned sweet potatoes or yams are the bright orange variety and are not seasoned.

Nutrition

Canned pumpkin and canned sweet potatoes are nutritious but vary in the calories per serving. A ½-cup serving of solid pack pumpkin has only 40 calories and 4 grams of fiber. The same size serving of canned sweet potatoes has 110 calories and 3 grams of fiber. They are both a nutritious source of fiber and vitamin A, easy to substitute for one another in recipes and very economical sources of food for your family.

Storage

Canned goods generally have a one-year expiration date from the date of manufacture. To ensure that food stored in the pantry is consumed before the expiration dates, practice FIFO (First In, First Out). This will help ensure that you are consuming food prior to expiration date/spoilage. Discard canned goods that are swollen, badly dented, rusted and/or leaking.

Try the recipes on the back for more delicious and nutritious ways to use canned squash and canned sweet potatoes!

### Oatmeal Sweet Potato Muffins

*Holly Clegg, Louisiana Sweet Potato Commission spokesperson, www.sweetpotato.org/recipes/recipe/24*

The crumble topping adds the finishing touch to this perfect muffin, which is great for breakfast!

1 cup old fashioned oatmeal  
1 cup all-purpose flour  
1 teaspoon baking powder  
½ teaspoon baking soda  
1 teaspoon ground cinnamon  
½ teaspoon nutmeg  
1 15-ounce can sweet potatoes/yams, drained and mashed, or 1 cup fresh sweet potatoes, cooked and mashed  
¾ cup light brown sugar  
½ cup canola oil  
¼ cup skim milk  
1 large egg  
1 teaspoon vanilla

Preheat oven to 400°F. In large bowl, combine oatmeal, flour, baking powder, baking soda, cinnamon and nutmeg. Stir in sweet potatoes, brown sugar, oil, milk, egg and vanilla, just until well moistened. Fill muffin tins ⅔ full. Sprinkle with Crumble Topping. Bake 15–20 minutes. Makes 18 muffins.

**Crumble Topping**

¼ cup old fashioned oatmeal  
¼ cup all-purpose flour  
¼ cup light brown sugar  
1 tablespoon light margarine, melted  
1 teaspoon vanilla flavoring
In a bowl, mix together oatmeal, flour and sugar. With a fork, mix in margarine and vanilla until crumbly.

**Squash Soup**

1 tablespoon olive oil  
2 medium chopped onions  
2 medium chopped carrots  
2 minced garlic cloves (or ½ teaspoon powdered garlic)  
1 cup canned tomato puree  
5 cups chicken or vegetable broth, low-sodium  
4 cups winter squash, cooked (2 cans)  
1½ tablespoon dried oregano  
1½ tablespoon dried basil

In a large saucepan, warm oil over medium heat. Stir in onions, carrot and garlic. Cook for about 5 minutes, covered.

Stir in the tomato puree, chicken broth, cooked squash and herbs. Bring soup to a simmer and cook, covered, for 30 minutes. Serves 6.

**Braised Beef with Squash Soup, Vegetables & Herbs**

Adapted from Braised Beef with Garden Vegetables and Herbs from Campbell’s Kitchen.com

1 pound boneless beef, moose or caribou for stew cut into 1-inch cubes  
ground black pepper  
vegetable cooking spray  
2 medium onions cut into wedges  
2 cloves garlic, minced, or ¼ teaspoon powdered  
2¼ cups Squash Soup  
1 large potato, cut into cubes (about 2 cups)  
2 medium carrots, cut into 2-inch pieces (about 1 cup)  
1 tablespoon fresh or dried parsley (optional)

Season the beef with the black pepper. Spray a 6-quart saucepot with cooking spray and heat over medium-high heat for 1 minute. Add the beef, moose or caribou and cook until browned, stirring often. Add the onion and garlic and cook until the onion is tender, 1 to 2 minutes.

Stir the soup into the saucepot and heat to a boil. Reduce the heat to low. Cover and cook for 45 minutes

Add the potato and carrots to the saucepot. Cover and cook for 30 minutes or until the vegetables are tender. Garnish with parsley, if desired. Serving suggestion: Spoon over cooked rice. Serves 4.

**Pumpkin Black Bean Soup**

3 15-ounce cans black beans, rinsed and drained or 2 cups dried beans, cooked (4 to 6 cups cooked)  
1 16-ounce can diced tomatoes  
¼ cup butter or margarine  
1¼ cups chopped onion  
4 cloves chopped garlic, chopped  
1 teaspoon salt  
½ teaspoon ground black pepper  
4 cups beef broth  
1 15-ounce can pumpkin puree  
½ pound cubed cooked ham (or canned)  
3 tablespoons wine vinegar

Pour two cans of the black beans into a food processor or blender, along with the can of tomatoes. Puree until smooth. Set aside.

Melt butter in a soup pot over medium heat. Add the onion and garlic, season with salt and pepper. Cook and stir until the onion is softened. Stir in the bean puree, remaining beans, beef broth, pumpkin puree and vinegar. Mix until well blended and simmer for about 25 minutes, or until thick enough to coat the back of a metal spoon. Stir in the ham; heat through before serving. Serves 9.

**Sweet Potato Patties**

1 15-ounce can low-sodium sweet potatoes  
1 cup crushed bread crumbs  
1 tablespoon vegetable oil

Place sweet potatoes in medium bowl and mash with a fork. Put the crushed bread crumbs in a small bowl. Shape the sweet potatoes into six small patties and roll each patty in bread crumbs. Heat oil in pan on medium heat. Brown each patty on both sides in oil. Serves 6.

To find out if you are eligible for free nutrition education, call UAF Cooperative Extension Service at 907-474-7930 or visit www.uaf.edu/ces/hhfd/fnp.

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-465-3347. UAF is an AA/EO employer and educational institution.