Making a Healthier Meal Using Corned Beef

1. Warm corned beef in the microwave for 1 minute.
2. Or put can in bowl of hot water.
3. Drain off the fat and throw away.
4. Add plenty of vegetables to drained corned beef.
5. Heat until cooked through.
6. Serve with staple food such as rice, taro or green banana.

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