

CANNED PORK



NUTRITION

- This item is coarse ground pork cooked in its own juices and canned.
- 2 ounces of canned pork:
 - Counts as 1 serving of protein .
 - Contains 34 grams of carbohydrates which gives you rapid energy for an active lifestyle.

PREPARATION

Canned pork is ready to eat without heating, or added to your favorite recipe to be served either hot or cold.

Try canned pork heated and served as a protein component in dishes, such as:

- Barbeque pork
- Pizzas
- Soups
- Spaghetti sauce
- Casseroles

STORE

Store unopened cans in a cool, clean, dry place.

Store remaining opened canned pork in a tightly covered container not made from metal and refrigerate.

Look at the “Best if used by” or “Best by” date on the can.

FOOD SAFETY CAUTION:

If the can is leaking or the ends are bulging, **throw it away**.

If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.



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Southwestern Pork Salad

Serves: 4
Prep: 10 minutes | Cook: 10 minutes

Ingredients

- Nonstick cooking spray
- ½ cup onion, chopped
- 12 ounces (about ½ of a 24-ounce can) pork, drained
- 1 tablespoon chili powder
- 1 cup low-sodium canned kidney beans
- 1 cup low-sodium canned tomatoes, drained
- 2 cups chopped lettuce
- ½ cup shredded reduced-fat cheddar cheese
- *Optional: 2 teaspoons dried oregano*
- *Optional: ½ teaspoon ground cumin*

Directions

1. In a large skillet coated with nonstick cooking spray, cook the onion and pork until the onion is soft, about 5 minutes.
2. Stir in chili powder, beans, and tomatoes. If using oregano and cumin, add that too. Mix and cook for 1 minute.
3. Arrange lettuce onto a serving plate or in individual bowls. Top lettuce with pork mixture and sprinkle with cheese.



Nutrition Information	
<i>Serving Size: about 1 ½ cup</i>	
Total calories	300
Total fat	14 g
Saturated fat	7 g
Cholesterol	75 mg
Sodium	320 mg
Carbohydrates	17 g
Fiber	6 g
Sugar	3 g
Protein	27 g

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Sugar	3 g
Protein	27 g

Pizza Meat Loaf

Serves: 6
Prep: 10 minutes | Cook: 15 minutes

Ingredients

- 12 ounces (about ½ of a 24-ounce can) pork, drained
- ½ cup green pepper, chopped
- ¼ onion, finely chopped
- ¾ cup canned low-sodium tomato sauce
- ¼ cup low-fat cheese, shredded

Directions

1. Preheat oven to 350 degrees F.
2. Place pork in bottom of 9x9-inch baking pan or 9-inch pie pan.
3. Top with green peppers, onion, tomato sauce, and cheese.
4. Heat in oven for about 15 minutes until cheese is melted.



Nutrition Information	
<i>Serving Size: 1/6th of pizza pie</i>	
Total calories	140
Total fat	8 g
Saturated fat	4 g
Cholesterol	50 mg
Sodium	160 mg
Carbohydrates	3 g
Fiber	1 g
Sugar	2 g
Protein	14 g

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Sweet and Sour Pork

Serves: 5

Prep: 10 minutes | Cook: 25 min

Ingredients

- 1 tablespoon olive oil
- 2 tablespoons cornstarch
- ½ cup brown sugar
- ¼ teaspoon salt
- ¼ cup vinegar
- 1 ½ teaspoon soy sauce
- 1 jar pork
- 1 can (20 ounces) pineapple chunks



Directions

1. Mix in saucepan 2 tablespoons cornstarch, ½ cup brown sugar, ¼ teaspoon salt, ¼ cup vinegar, and 1 ½ teaspoon soy sauce.
2. Drain 1 jar pork; save broth.
3. Drain 1 can (20 ounces) pineapple chunks; save juice.
4. Measure broth and add enough pineapple juice to make 1 cup.
5. Add liquid to saucepan and cook until thick.
6. Add pineapple and cook 3 minutes.
7. Remove from heat and add pork; let stand 15 minutes for flavors to blend.
8. Return to heat and heat through.
9. Serve over fluffy rice.

Nutrition Information	
<i>Serving Size: 1/5th of recipe</i>	
Calories	334
Total fat	20.5 g
Saturated Fat	0.5 g
Cholesterol	102 mg
Sodium	470.5 mg
Carbohydrates	23 g
Fiber	1 g
Sugars	17 g
Protein	27 g

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BBQ Pork

Serves: 5
Prep: 5 minutes | Cook: 10 minutes

Ingredients

- 1 tablespoon olive oil or vegetable oil
- 1 large onion, chopped
- 2 cans of pork
- $\frac{3}{4}$ cup prepared BBQ sauce

Directions

1. Using large skillet, heat 1 tablespoon of vegetable oil over low heat.
2. Add 1 large onion and cook until tender.
3. Mix in 2 cans of pork and $\frac{3}{4}$ cup prepared BBQ sauce and cook for about 5 minutes or until it is heated throughout.
4. Spoon onto hamburger buns or your favorite crusty rolls.



Nutrition Information	
<i>Serving Size: 1/5th of recipe</i>	
Calories	630
Total fat	38 g
Saturated Fat	11.5 g
Cholesterol	204 mg
Sodium	1012 g
Carbohydrates	21 g
Fiber	0.5 g
Sugars	17 g
Protein	53 g

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