



Healthy Ways to Eat Canned Pork



Note: It is ready to eat without heating

1. Use pork to make barbeque pork.
2. Add pork to pizza for a different protein option.
3. Use pork in soup, stew and chili.
4. Add pork to your spaghetti sauce and casseroles.
5. Make Southwestern Pork Salad and top over a bed of lettuce to create a healthier meal!

Ingredients:

Nonstick cooking spray	2 teaspoons dried oregano (if you like)
½ cup onion, chopped	½ teaspoon cumin (if you like)
12 oz (about half the can) pork, drained	1 (15oz) can kidney beans, drained & rinsed
1 tablespoon chili powder	1 (14.5oz) can diced tomatoes, drained

Directions:

1. In a large skillet coated with nonstick cooking spray, over medium-high heat, 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 now. Mix and cook 1 minute.
3. Arrange lettuce on a serving plate and top with pork mixture. Sprinkle with cheese if using.

6. Make Autumn Pork Stew. A warm dish for a cold day.

Ingredients:

1 (24oz) can pork	2 teaspoons sugar
1 medium onion, chopped or 1 tbsp. onion powder	1 (15oz) can of corn, drained
1 tablespoon vegetable oil	4 cups water
2 (15oz) cans diced tomatoes, save juices	2 cups uncooked elbow macaroni noodles
1 tablespoon white vinegar	
1 tablespoon yellow mustard	

Directions:

1. Put canned pork in small sauce pan to heat. Once heated, drain liquid and fat from pork and discard.
3. Heat a large sauce pan and add oil. Sauté onion until tender, about 5 minutes.
5. Add pork, tomatoes with juices, vinegar, mustard, sugar and corn.
6. Turn up to medium heat and add water. Bring to a boil for 5 minutes, stirring constantly.
8. Add macaroni noodles, reduce heat to low. Cover and simmer on low heat for 45 minutes.

7. Make Pizza Meatloaf. A simple twist on a family favorite.

Ingredients:

12 oz (about ½ the can) pork, drained	¾ cup canned low-sodium tomato sauce
½ cup green pepper, chopped	¼ cup low fat cheese, shredded
¼ cup onion, finely chopped	

Directions:

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

8. Make Black Bean and Pork Chili. A hearty meal to fill the family!

Ingredients:

3 tablespoons vegetable oil	2 tablespoons chili powder
1 large onion or 1-2 tablespoons onion powder	¼ teaspoon cayenne pepper
1 bell pepper, chopped or 1 can green chilies	1 teaspoon garlic powder
1 (24oz) can pork, drained	1 (15oz) can black beans (or any variety), drained & rinsed
2 (24oz) cans diced tomatoes, with their juices	

Directions:

1. Heat oil in a pot over medium-high heat.
2. Add the onions, bell pepper if using fresh. If not, skip to the next step.
3. Combine all ingredients into the pan and bring to a boil.
4. Turn down the heat and simmer for about 20 minutes or until heated all the way through.

9. Make Sweet and Sour Pork. Serve with a side of green vegetables.

Ingredients:

1 (24oz) can pork, drained	¼ cup white vinegar
2 green peppers, chopped	¼ cup mustard
2 onions, chopped	¼ cup sugar
1 ½ cups ketchup	2 tablespoons chili powder
1 (7oz) can chunk pineapple, drained & rinsed	

Directions:

1. In a large sauce pan, combine all ingredients.
2. On medium heat, bring to a slow boil.
3. Reduce heat to low and cover. Simmer 15-20 minutes, stirring occasionally.

10. Make Pork Casserole. This recipe is adaptable to whatever you have on hand.

Ingredients:

2 cups cooked brown rice	1 (16oz) can diced tomatoes OR 1 (10oz) can cream of mushroom/chick soup + ½ cup low fat milk
1 ½ cups (about half the can) pork, drained	
2 cups canned or fresh vegetable of choice	
1-2 teaspoons dried herbs/spices	1 cup shredded cheese, optional
Salt and pepper to taste	

Directions:

1. Preheat oven to 350 F.
2. Combine all ingredients in a greased casserole dish. Top with cheese, if using.
3. Bake for 20-25 minutes. Serve warm.

11. Make Pork Burritos for a healthy fast food favorite!

Ingredients:

1 tablespoon oil	1/2 cup water
1 small onion, chopped or 1 tbsp. onion powder	1 (15oz) can whole kernel corn, drained & rinsed
1 (24oz) can pork	1 1/2 cups low fat cheddar cheese, shredded
1 taco seasoning packet	10 (8inch) whole wheat tortillas
1 (15oz) can diced tomatoes	Salsa (optional)
2 cups cooked rice	

Directions:

1. In a large skillet, heat oil. Sauté onion for about 5 minutes.
2. Stir in pork and taco seasoning. Add corn, tomatoes, rice and water.
3. Mix well. Cover and cook for 5-10 minutes or until no liquid remains.
4. Spoon mixture into each tortilla. Top with cheese and salsa (if using).
5. Roll up tortilla and serve.

