



CANNED PORK



Ways to Prepare:

- Use just like cooked pulled pork in soup, stews, sauces, or gravy.
- Add canned pork to dishes to enhance their flavor like beans, greens, skillet, casseroles, or other baked dishes.
- Try adding barbeque sauce and turn into sandwiches.
- Serve over rice or potatoes and top with your favorite vegetables.
- This sheet has several recipes that go great with canned pork. If you're feeling inspired to make your own recipes, do so!

RECIPES

Pork Taco Skillet

Ingredients:

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| 1 can of pork, drained of juices | 1 onion, finely diced |
| 2 Tbsp. chili powder | 2 Tbsp. cilantro, chopped |
| 1 tsp. cumin | Juice of one half lime or 2 tsp. vinegar |
| 1/4 tsp. cayenne pepper | 1/2 tsp. salt |
| 8 oz canned pineapple with reserved juice | 1 can beans (optional) |

Directions:

1. In a bowl, combine the pineapple with juice, onion, cilantro, and lime juice or vinegar, and set aside.
2. In a non-stick skillet over medium heat, add the pork and cook for 5-7 minutes, breaking up the meat with a spatula or wooden spoon. If adding optional beans, add now to make this dish an even larger meal.
3. Combine spices, pineapple juice and onion mixture, and pork and cook for 8-10 minutes.
4. Serve the pork mixture with tortillas or over rice and add your favorite toppings.

Pork Stir Fry with Ginger

Ingredients:

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| 1 can of pork, drained of juices | 1/2 tsp. crushed red pepper flakes (optional) |
| 2 Tbsp. cornstarch | 1 1/2 cup broccoli florets (choose 1 or more) |
| 1 cup water or broth | 1 cup diced carrot, fresh or frozen (choose 1 or more) |
| 1 Tbsp. sugar | 1/2 cup bell pepper, sliced (choose 1 or more) |
| 1/2 tsp. garlic powder | 1/4 cup celery, sliced (choose 1 or more) |
| 2 Tbsp. canola oil, divided | 4 sprig of fresh cilantro (optional) |
| 1 1/2 tsp. powdered ginger OR 2 tsp. fresh ginger | |

Directions:

1. Combine cornstarch and broth until smooth in a small bowl. Stir in sugar, ginger, garlic powder, and optional pepper flakes; set aside.
2. Sauté the vegetables for 2-4 minutes, add pork and cook for 3-5 minutes.
3. Stir the sauce mixture and add to vegetable and pork stir-fry. Cook for 1-2 minutes until sauce thickens slightly.
4. Serve with rice, and if desired, top with cilantro.

MAKE IT A MEAL: RECIPES



Spanish Style Rice with Pork

Ingredients:

1 can of pork, drained of juices	1 cup water or broth
1 medium onion, diced	1 Tbsp. oil
1 bell pepper, diced	1/2 tsp. garlic powder
1 1/4 cup brown rice	1/2 tsp. oregano (optional)
15 oz can tomato sauce	1/4 tsp. black pepper

Directions:

1. Cook rice according to package directions.
2. In a separate pan, add oil, onion, and bell peppers and sauté for 5-7 minutes.
3. Add pork, tomato sauce, water or broth, seasonings, and pepper. Bring to a simmer.
4. Add cooked rice and mix thoroughly. Serve.

Baked Beans with Pork

Ingredients:

1 cup dried navy beans	1/2 tsp. salt
4 cups water	1/8 tsp. ground black pepper
14.5oz can diced tomatoes or tomato sauce	1/8 tsp. chili powder
3 Tbsp. brown sugar	1 onion, chopped
1 can of pork with juices	

Directions:

1. Cover navy beans with several inches of cold water in a large container; let stand 8 hours to overnight OR combine beans and water in a large pot and bring to a boil, then turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.
2. Place the beans in a large saucepan with 4 cups of water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer 1 hour.
3. Preheat oven to 375°F. Stir the tomato product, brown sugar, salt, pepper, and chili powder together in a small bowl. Set aside.
4. Once the beans have simmered for 1 hour, drain and reserve the cooking liquid. Pour the beans into a 1 1/2 quart casserole dish and stir in the chopped onion and tomato mixture. Stir enough of the reserved cooking liquid so the sauce covers the beans by 1/4 inch.
5. Cover and bake for 10 minutes, then reduce the heat to 200°F, and cook for 6 hours, stirring the beans halfway through. When beans are tender and the sauce has reduced and is sticky, remove from the oven, stir, recover, and allow to stand for 15 minutes before serving.

Italian Tomato Sauce for Pasta

Ingredients:

1 lb. dried pasta, try whole wheat	15oz can tomato sauce
1 Tbsp. oil	1 Tbsp. vinegar
1 medium onion	2 bay leaf
1 can of pork with juices	1/2 tsp black pepper
14.5oz can diced or crushed tomatoes	1/2 tsp. garlic powder
1 cup water or broth	1/2 tsp. thyme (optional)
1/2 tsp. dried oregano (optional)	

Directions:

1. Cook pasta according to package directions. In another saucepot, add oil and cook onions over medium-high heat for 5-7 minutes, stirring occasionally.
2. Add remaining ingredients, bring to a simmer, and cook for 30 minutes, stirring occasionally. Serve over pasta.