

# PORK with NATURAL JUICES

## CANNED

for use in the USDA Household Commodity Food Distribution Programs

Revised: 02/23/04

### Product Description

- **Canned Pork** is **fully cooked** in its own juices and is ready to use.

### Pack

The 29-ounce can contains about three cups of cut-up pork.

### Storage

- **Store** unopened can in a cool, dry place until ready to use.
- Store leftover pork in a covered container and refrigerate. Use within 2-3 days.

### Uses and Tips

- To remove fat that has risen to the top, open the can and gently scoop the fat out with a spoon. Throw the fat away. To remove the fat more easily, chill the can before opening.
- To add extra flavor, but not extra fat, add spices, peppers, onions, garlic, and tomatoes.

*(See recipes on reverse side)*



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### Menu Ideas

- For a quick "pizza" snack, top a sliced English muffin half with tomato sauce, cheese, and diced pork. Bake until cheese is melted.
- Use cut-up pork in salads, soups, stews, sandwiches, barbecue, spaghetti sauce, vegetable stir-frys, or casseroles.

### Nutrition Information

- **Pork** provides protein, thiamin, niacin, and zinc as well as other vitamins and minerals.
- 2 to 3 ounces of pork provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size ¼ cup (55g) canned pork	
Amount Per Serving	
<b>Calories</b> 120	Fat Cal 70
% Daily Value*	
<b>Total Fat</b> 8.0 g	<b>12%</b>
Saturated Fat 3.0g	<b>15%</b>
<b>Cholesterol</b> 30 mg	<b>10%</b>
<b>Sodium</b> 150 mg	<b>6%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Protein</b> 9g	
Vitamin A <2%	Vitamin C <2%
Calcium <2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

## 10-Minute Pork BBQ Sandwich

1 teaspoon vegetable oil  
1 large onion, chopped  
2 cups canned pork  
 $\frac{3}{4}$  cup prepared barbecue sauce  
5 hamburger rolls

1. In large skillet, heat oil on low heat.
2. Add onion and cook until tender, about 5 minutes.
3. Mix in pork and barbecue sauce and cook until heated through, about 5 minutes.
4. Spoon barbecue mixture on bottom half of opened hamburger bun.

**Makes approximately five ( $\frac{1}{2}$  cup) servings**

### Nutrition Information for each serving of 10-Minute Pork BBQ Sandwich:

Calories	331	Cholesterol	35 mg	Sugar	17 g	Calcium	64 mg
Calories from Fat	85	Sodium	862 mg	Protein	19 g	Iron	2.0 mg
Total Fat	9.5 g	Total Carbohydrate	40 g	Vitamin A	11 RE		
Saturated Fat	2.8 g	Dietary Fiber	2 g	Vitamin C	2 mg		

## Pasta with Pork and Green Pepper Sauce

1 tablespoon vegetable oil  
1 green pepper, seeded, coarsely chopped  
1 large onion, coarsely chopped  
2 cups canned pork  
1 jar (25 to 29 ounces) spaghetti sauce  
9 oz spaghetti (or other pasta) cooked, or hot cooked rice

1. In a large skillet, heat oil on low heat.
2. Add green pepper and onion; cook until tender, about 5 minutes.
3. Add pork and spaghetti sauce to vegetable mixture. Reduce heat to low and cook, uncovered, until heated through, about 5 minutes.
4. Serve over spaghetti, other pasta, or hot cooked rice.

**Makes six servings ( $\frac{3}{4}$  cup sauce and 1 cup spaghetti)**

### Nutrition Information for each serving of Pasta with Pork and Green Pepper Sauce:

Calories	474	Cholesterol	34 mg	Sugar	20 g	Calcium	65 mg
Calories from Fat	121	Sodium	944 mg	Protein	22 g	Iron	4.0 mg
Total Fat	13.5 g	Total Carbohydrate	66 g	Vitamin A	238 RE		
Saturated Fat	4.0 g	Dietary Fiber	5 g	Vitamin C	33 mg		

## Breakfast Pork Burritos

1½ teaspoons vegetable oil  
 $\frac{1}{2}$  green pepper, seeded, finely chopped  
1 small onion, finely chopped  
1 cup canned pork  
8 burrito-size flour tortillas, warmed  
 $\frac{1}{2}$  cup dry egg mix mixed with  $\frac{1}{2}$  cup water (2 eggs)  
1 cup salsa

1. In a skillet, heat oil on low heat.
2. Add green pepper and onion; cook until tender, about 5 minutes.
3. Add pork to the vegetable mixture and cook until heated through, about 5 minutes. Remove and hold.
4. Heat same skillet over low heat.
5. Add beaten eggs and cook until scrambled, about 2 to 3 minutes.
6. Add  $\frac{1}{3}$  cup pork mixture to warmed tortilla, then top with  $\frac{1}{4}$  cup scrambled eggs and 2 tablespoons salsa. Roll up burrito-style.

**Makes eight servings**

### Nutrition Information for each Breakfast Pork Burrito:

Calories	214	Cholesterol	62 mg	Sugar	3 g	Calcium	86 mg
Calories from fat	72	Sodium	569 mg	Protein	12 g	Iron	2.3 mg
Total Fat	8.0 g	Total Carbohydrate	24 g	Vitamin A	32 RE		
Saturated Fat	2.0 g	Dietary Fiber	2 g	Vitamin C	14 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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