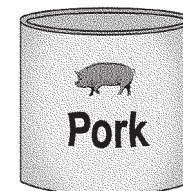


Cooking with Canned Pork



Canned pork is a cooked pork product. It is a good source of protein, thiamin, niacin and iron.

Uses

Canned pork can be sliced, diced or shredded for almost any pork recipe. You can even try using pork when a recipe calls for beef or chicken.

One can (29 ounces) equals about 3 cups of diced pork. If you want more flavor, add your favorite spices, such as garlic powder or pepper.

How to store it

For best quality, store unopened cans in a cool, dry place. Use them within 1 year.

After you open the can, store any leftover pork in an airtight container in the refrigerator. Use it within 2 to 3 days.

10-Minute Pork Barbecue Sandwich (makes about 5 servings, ½ cup each)

What you need

- 1 teaspoon vegetable oil
- 1 large onion, chopped
- 2 cups canned pork
- ¾ cup prepared barbecue sauce
- 5 hamburger buns

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Using a large skillet, heat the oil over low heat.
3. Add the onion and cook it until tender, about 3 to 5 minutes.
4. Mix in the pork and barbecue sauce; cook it for about 5 minutes or until it is heated throughout.
5. Spoon the barbecue mixture onto the bottom half of an opened hamburger bun.

Fried Rice With Pork (makes 6 to 8 servings)

What you need

- 2 large eggs
- 1 tablespoon vegetable oil
- ¼ cup onion, chopped
- 1 clove garlic, chopped
- 4 cups cooked rice
- 3 tablespoons soy sauce
- ½ cup canned pork, shredded

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a large skillet, cook the eggs in oil until they are firm. Push them to one side of the skillet. Add the onion and garlic; cook until the onion is tender (about 5 minutes).
3. Stir in the cooked rice, pork and soy sauce. Continue stirring until all the ingredients are mixed and steaming hot.

Adapted from *Commodity Fact Sheet for USDA Household Programs: Canned Pork* by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Revision