

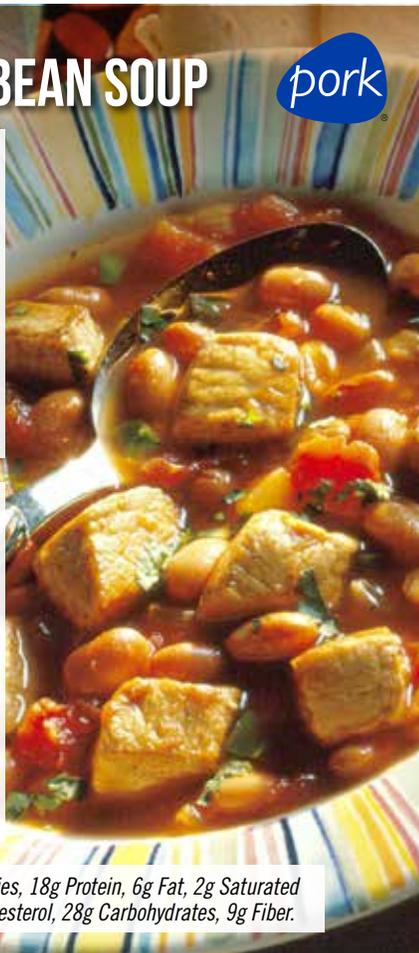
## PORK LOIN & BEAN SOUP

pork

2 boneless pork loin chops, diced  
½ onion, chopped  
1 (14½-oz) can chicken broth  
1 (15-oz) can diced tomatoes  
1 (15-oz) can pinto beans, drained, rinsed  
1 Tbsp. chili powder

- Chop onion and cut pork chops in bite-sized cubes.
- In deep saucepan, brown pork with onion.
- Stir in remaining ingredients, bring to a boil.
- Lower heat, cover and simmer 10-15 min. Serves 4.

*Nutrition per serving: 231 Calories, 18g Protein, 6g Fat, 2g Saturated Fat, 594mg Sodium, 30mg Cholesterol, 28g Carbohydrates, 9g Fiber.*



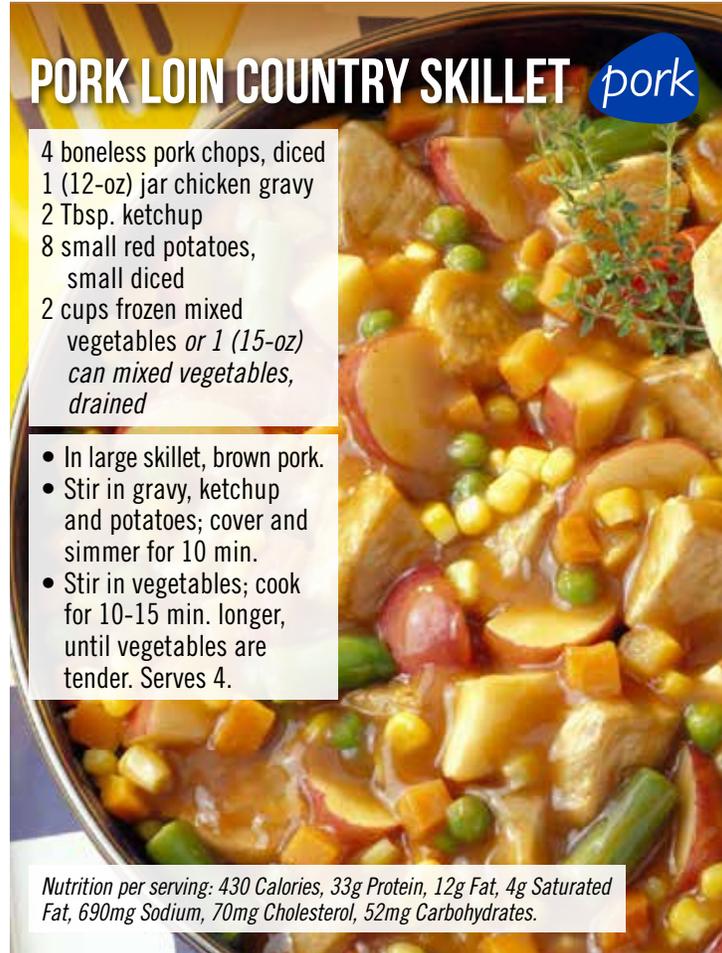
## PORK LOIN COUNTRY SKILLET

pork

4 boneless pork chops, diced  
1 (12-oz) jar chicken gravy  
2 Tbsp. ketchup  
8 small red potatoes, small diced  
2 cups frozen mixed vegetables or 1 (15-oz) can mixed vegetables, drained

- In large skillet, brown pork.
- Stir in gravy, ketchup and potatoes; cover and simmer for 10 min.
- Stir in vegetables; cook for 10-15 min. longer, until vegetables are tender. Serves 4.

*Nutrition per serving: 430 Calories, 33g Protein, 12g Fat, 4g Saturated Fat, 690mg Sodium, 70mg Cholesterol, 52mg Carbohydrates.*



## PORK LOIN PEPPERED CHOPS

pork

4 boneless pork chop, ¾-inch thick  
2 tsp. black pepper  
1 tsp. salt  
1 tsp. vegetable oil

- Season chops with salt and pepper.
- Heat oil in a skillet over medium-high heat. Place pork in skillet; brown pork on one side for 4-5 min. per side.
- Remove chops from pan and let rest for 3 min. before serving. Serves 4.

*Nutrition per serving: 194 Calories, 25g Protein, 7g Fat, 2g Saturated Fat, 55mg Sodium, 70mg Cholesterol, 10g Carbohydrates.*



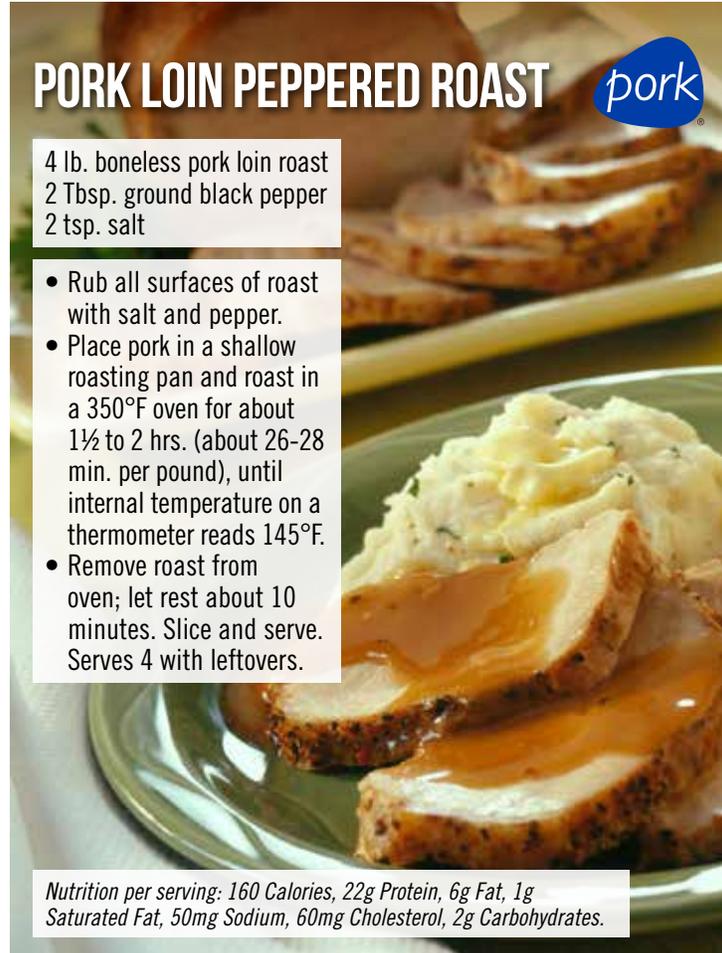
## PORK LOIN PEPPERED ROAST

pork

4 lb. boneless pork loin roast  
2 Tbsp. ground black pepper  
2 tsp. salt

- Rub all surfaces of roast with salt and pepper.
- Place pork in a shallow roasting pan and roast in a 350°F oven for about 1½ to 2 hrs. (about 26-28 min. per pound), until internal temperature on a thermometer reads 145°F.
- Remove roast from oven; let rest about 10 minutes. Slice and serve. Serves 4 with leftovers.

*Nutrition per serving: 160 Calories, 22g Protein, 6g Fat, 1g Saturated Fat, 50mg Sodium, 60mg Cholesterol, 2g Carbohydrates.*



**PORK LOIN ROAST** is a good, economical source of protein and essential nutrients like Vitamin B-6, Vitamin D and iron. And, it's packed with flavor that everyone in your family will enjoy! If you don't want to cook the full roast, you can cut into chops or cubes for quicker cooking.



**CLEAN**  
wash hands & surfaces often



**SEPARATE**  
don't cross contaminate



**CHILL**  
refrigerate promptly



**COOK**  
to a safe temperature

**FightBac.org**

Cooking Today's Pork	Cut	Thickness/Weight	Final Internal Temp.*	Total Cook Time
<b>Pan Fry</b> with a small amount of oil over medium-high heat in an uncovered pan	Chops	3/4 inch	145°-160°	8-12 min.
<b>Pan Cook</b> with a small amount of liquid over low heat in a covered pan	Chops	1/4-1 inch	145°-160°	6-10 min.
	Cubes	1 inch	Tender	10-15 min.
<b>Roast</b> in an uncovered, shallow pan at 350°F.	Loin Roast*	2-5 lbs.	145°-160°	26-28 min./lb.

\*Notes: For easier slicing and to let the pork juices redistribute throughout the meat, let pork rest for 3 minutes. Remove larger cuts, such as roasts, from the oven or grill and let them stand for a total of 10 minutes before serving. Properly cooked pork will have juices that run clear and the middle of pork chops or pork roast may have a pale pink color when sliced.

For more, go to [pork.org/cooking](http://pork.org/cooking)



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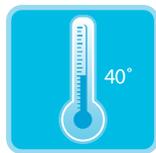
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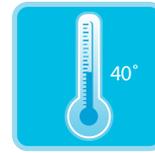
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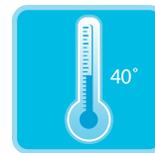
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