

CANNED PORK AND NOODLES



- 1 (24 oz.) can pork, drained and rinsed
 - 1 (14-15 oz.) can mixed vegetables, drained
 - 1 Tbsp. dried onion flakes
 - 1 (10-11 oz.) can cream of mushroom soup, +1 can water or milk
 - Cooked egg noodles
- In large saucepan, mix pork, vegetables, dried onion, soup, and water and heat over medium heat.
 - Stir a few times while heating through for about 10 min.
 - Serve over cooked noodles. Serves 6-8.



RED BEANS AND RICE WITH CANNED PORK



- 1 (24 oz.) can pork, drained and rinsed
 - 2 (14-15 oz.) cans red beans, drained and rinsed
 - ½ cup water
 - 1 Tbsp. dried onion flakes
 - 1 tsp. pepper
 - Hot cooked rice
- In a saucepan, mix pork, red beans, onions, pepper, and water.
 - Heat over medium heat for 5-10 minutes.
 - Serve over hot rice. Serves 6-8.



10-MINUTE CANNED PORK BBQ



- 1 Tbsp. oil
 - 1 (24 oz.) can pork, drained and rinsed
 - ¾ cup BBQ sauce
 - 1-2 Tbsp. dried onion flakes
 - Hamburger buns
- Heat oil in large skillet over medium heat.
 - Mix in pork, onion, and BBQ sauce and cook 5-10 min., until heated through.
 - Serve on buns. Serves 4-6.



SHEPHERD'S CANNED PORK PIE



- 1 (24 oz.) can pork, drained and rinsed
 - 1 (14-15 oz.) can green beans, drained and rinsed
 - 1 (10-11 oz.) can tomato soup
 - 1-2 Tbsp. dried onion flakes
 - 1 tsp. oil
 - 1-2 cups mashed potatoes (can use instant potatoes)
- Heat oil in large skillet over medium heat.
 - Add pork, green beans, onion, and soup. Stir, cook 5 min.
 - Heat oven to 350°F, and grease casserole dish or 8x8 pan.
 - Fill dish with pork mixture, top with mashed potatoes.
 - Bake for 20 min. Serves 6-8.



PORK 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

OTHER IDEAS FOR COOKED PORK. Heat thoroughly and try these!

- Top scrambled eggs for breakfast.
- Serve in a baked potato and add shredded cheese if you want.
- For quick quesadillas, top tortillas with pork, salsa, and cheese and warm in a skillet.
- Top macaroni and cheese.
- Add to pasta sauce to top spaghetti or other pasta.
- Mix with leftover rice, peas and carrots, soy sauce and a scrambled egg for fried rice.
- Stir in with chili beans and diced tomatoes and heat through for a hearty quick chili.

For more, go to pork.org/cooking



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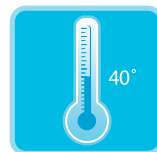
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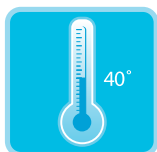
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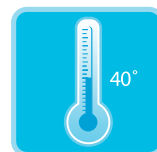
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