

# GROUND PORK:

Simply Delicious Burgers and So Much More!

POCKET GUIDE to PORK volume 3



pork<sup>®</sup>

Be inspired™

**BLADE BOSTON-STYLE  
SHOULDER**  
ground pork

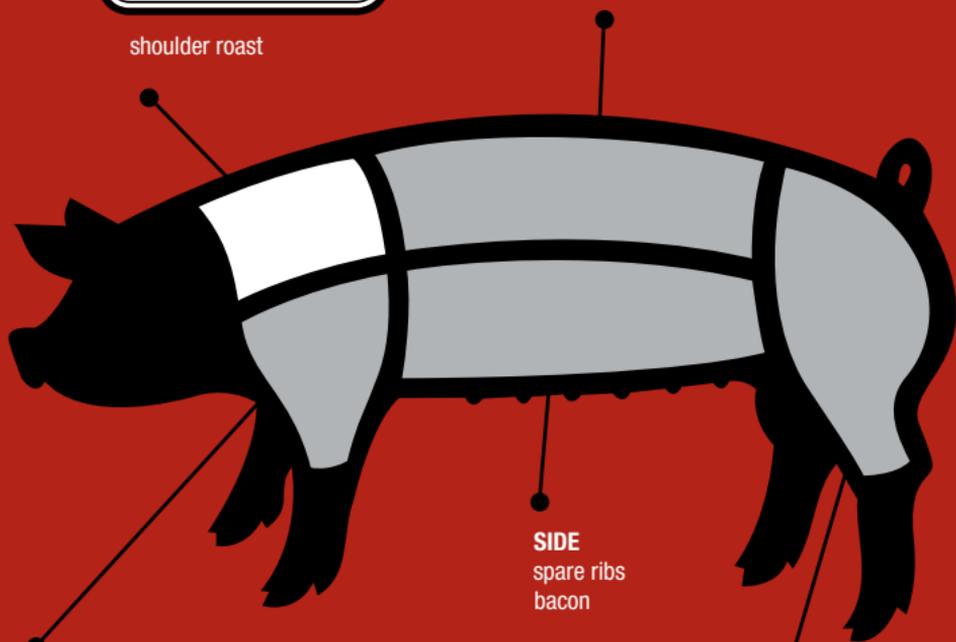
shoulder roast

**LOIN**  
pork chops

tenderloin

roasts:  
loin roast  
rib roast (rack of pork)

ribs:  
back ribs  
country-style ribs



**SIDE**  
spare ribs  
bacon

**ARM PICNIC  
SHOULDER**  
shoulder roast  
smoked hocks  
shanks

**LEG**  
cured ham  
fresh leg



With our other Pocket Guides to Pork, we give you the “411” on the tenderloin and the skills to master the chop.

## Craving some more pork learning? Well, we've got it. Meet ground pork.

Really, you're thinking...is there all that much to it? Believe us, there's so much more to ground pork than the burger or rolling a perfect meatball.



Your recipe repertoire of tasty pork dishes is practically never-ending when you turn to this versatile pork wonder. Plus, it's an economical option for serving your family an affordable, home-cooked meal—could there be a better solution?

Cynics beware, this guide is sure to convince even the most skeptical home cooks that ground pork is a simple and delicious meal option. But, maybe you're already a believer and just want to indulge your family's pork affection beyond “lasagna night.” No matter where you are, keep this trusty guidebook close for inspiration. We've laid out an easy-access, one-stop-shop for all things ground pork—including a variety of recipes, cost-saving tips, preparation how-to's, simple flavor boosters and more! We're taking your mental menu beyond meatballs (though they sure are delicious!).

In case you're still hungry and craving even more pork, check out **PorkBeInspired.com** for an arsenal of ground pork recipes, helpful cost-saving tips, tools and information.

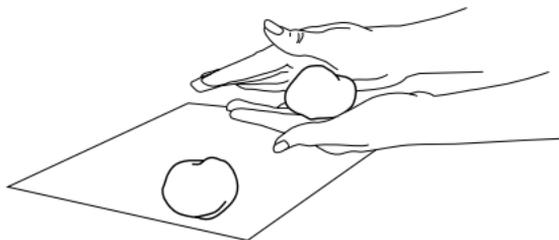


*Be inspired*

# Switch-Up Your Mental Menu

We're sure you have a favorite pair of jeans that you mix and match with different tops; well, consider ground pork "those jeans." This versatile meat can be mixed and matched so it looks (and tastes!) different each time it graces the plate.

Try the following preparation methods for an endless array of delicious meals that require minimal time and effort, and return giant praise from the family for feeding them well.



**PACK IT!** Using both hands, pack raw ground pork together like you're making a snowball to turn out meatloaf, burgers or meatballs. Depending on the dish, you may need to flatten the ball into a patty or form it into a few smaller amounts.

## MUST-HAVES

Use the following to serve up ground pork in a variety of different ways.

### 1. SPOON / SPATULA



### 2. SKILLET / BAKING SHEET / LOAF PAN



### 3. STEW POT



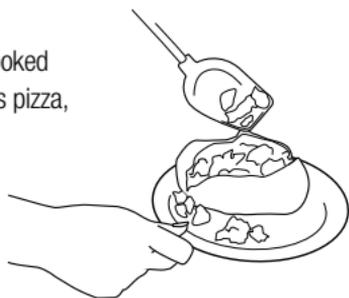
### 4. LID / STRAINER



### 5. GRILL

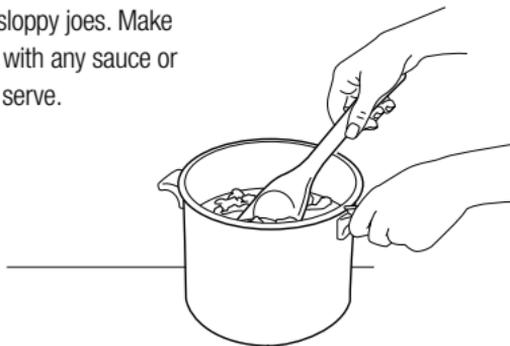


**TOP IT!** Add a tasty protein punch by sprinkling cooked ground pork on top of your favorite dishes such as pizza, rice, taco salad or baked potato.



**FILL IT!** Don't leave tacos, burritos and casseroles feeling empty; fill 'em with ground pork! Simply spoon-in the desired amount of cooked pork and either roll it, cover it with a yummy crust, or top the dish off with other ingredients for a tasty surprise inside for your pork-loving family to find.

**STIR IT!** Grab a large spoon and stir cooked ground pork into chili, stews, sauces, dips and sloppy joes. Make sure the pork is thoroughly coated with any sauce or liquid. Once it's hot, go ahead and serve.



# How to Keep Your Wallet Fat, Not Your Waistline

Lean ground pork offers the same versatility as any other cut of pork and at a price that won't break your piggy bank. Even better, it offers the most "bang for your buck" since it can be used in such a variety of dishes. Whether you need a filler, topper, main dish or just need to add pork pizzazz to your marinara sauce, lean ground pork has you covered. It even keeps well in the freezer.

We're sure you'll agree lean ground pork is a great choice for home cooks on a budget. Here are a few simple tips to help you keep your grocery bills low and your family well fed with lean ground pork:

**1] "COOK ONCE, EAT TWICE"**—Prepare pork patties on Tuesday night and use leftovers in a hearty casserole for Wednesday lunch. It's a cinch!

**2] TAP EXISTING INGREDIENTS**—You know you've been meaning to use up your soy sauce or some remaining garlic bulbs. Lean ground pork complements anything you pair it with.

**3] EMBRACE THE FREEZER**—Purchase ground pork in bulk for less and freeze the leftover meat for later use. You'll be surprised at how fresh it will taste the second time around.

## FLAVOR BOOSTERS

These staple items and more are probably already in the pantry, so put them to good use.

1. SALT AND PEPPER
2. WORCESTERSHIRE AND SOY SAUCES
3. ONION AND GARLIC
4. OLIVE OIL



# Entice Your Family Back to the Table



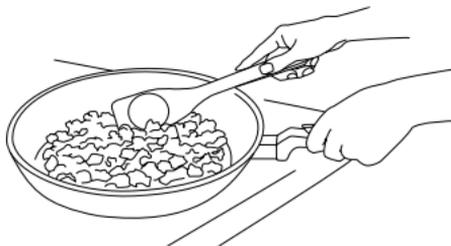
Did the kids ask (again!?) to eat at a friend's house and your spouse conveniently needs to attend a client dinner (for the third time this week)? Those might be signs your family has reached their limit of the boring, "same old, same old" recipes that have been on rotation. To help get your family back to the dinner table and add a little zip to your mental menu, try serving up these six pork recipes.



Ground pork pairs well with tons of flavors and is used all around the world in different cuisines, so why not go global at your own dinner table? Try our **Pork and Pasta Skillet Supper**, **Fiesta Pork Soup** or **Thai Pork Burritos**. Don't worry, they're easy to make and taste great! Move on to a couple more traditional entrées that the family will recognize, while being pleasantly surprised by the new twist on flavors, **Mini Pork Meat Loaves** or **Pork Pot Pies** anyone? And last, but not least, we challenge you to go beyond the basic burger with **The Other Burger** and then punch it up by adding a spunky topping, sauce, dipping sauce or whatever culinary creation you think up! If you need some inspiration, check out some of our favorite toppers. Now go ahead and ring that dinner bell and watch the family come running!

## HOW TO BROWN GROUND PORK

Set the ground pork in a nonstick skillet or saucepan over medium-high heat. Cook, crumble and stir the pork until it is evenly browned, about 3-4 minutes.



## Pork and Pasta Skillet Supper



## Pork and Pasta Skillet Supper

### COOKING DIRECTIONS

Heat nonstick skillet over medium-high heat. Add pork and onion; cook and stir until evenly browned. Stir in tomatoes and tomato sauce; bring to a boil. Reduce heat to low; cook for 5 minutes. Stir in squash and pasta. Cook for 2-5 minutes or until heated through. *Serves 4.*

### SERVING SUGGESTIONS

This dish makes pantry staples into a quick weekday meal. Serve with a crisp green salad and French bread.

### NUTRITION FACTS PER SERVING

Calories: 300; Protein: 30 g; Fat: 9 g; Sodium: 400 mg; Fiber: 4 g;  
Cholesterol: 70 mg; Saturated Fat: 3 g; Carbohydrates: 27 g

### INGREDIENTS

1 pound lean ground pork

1 medium onion, chopped

1 14½-oz. can pasta-ready tomatoes

1 8-oz. can tomato sauce

1 zucchini,  
OR small yellow summer squash,  
thinly sliced

1½ cups (4 oz. uncooked) hot cooked penne pasta, OR other small pasta shape

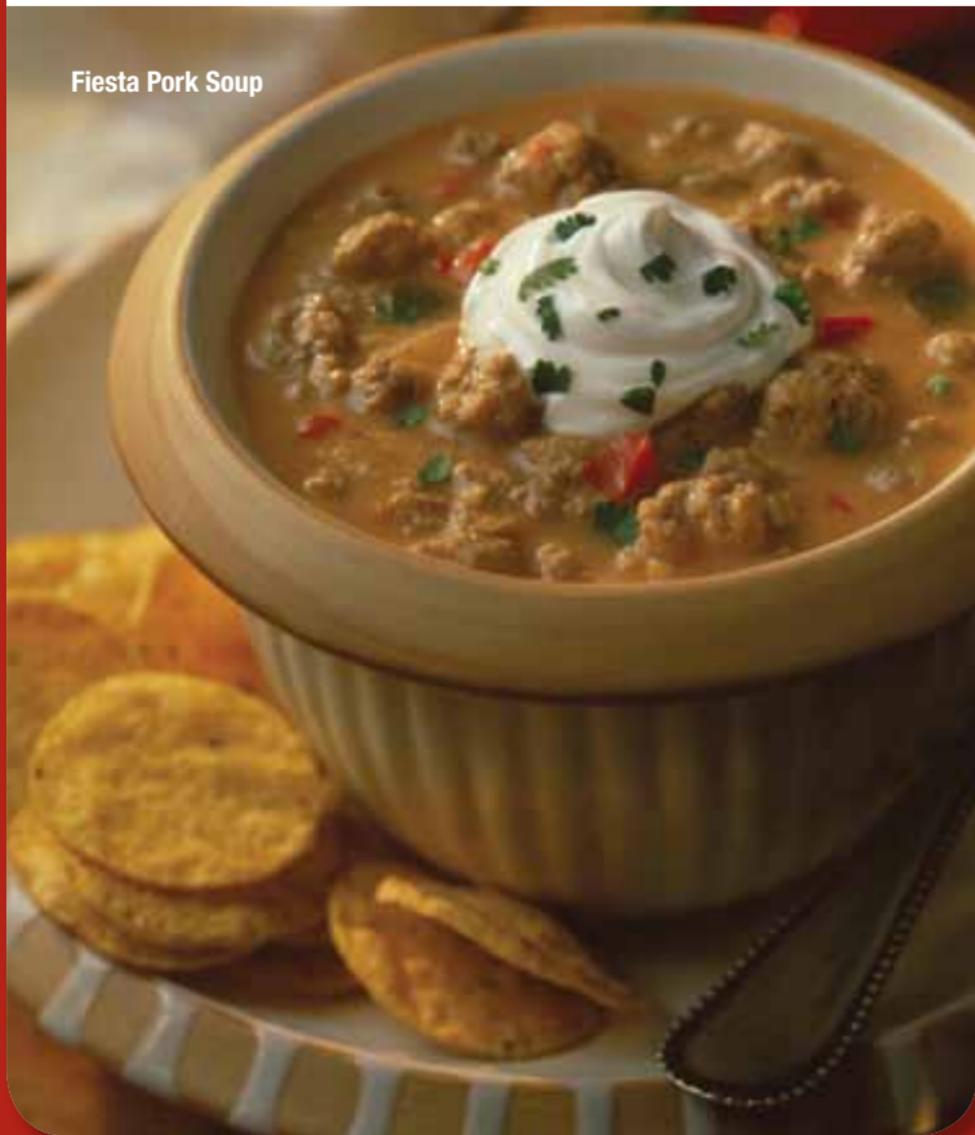
## Handling Basics

Wash hands thoroughly and, if you like, put on a pair of disposable plastic gloves before handling ground pork to prevent the meat from sticking to your hands as you work. Also, while today's ground pork is leaner than it was years ago, it's easy to eliminate any excess fat with a few simple steps. Once the ground pork is cooked, drain it, blot it with paper towels or transfer to a strainer.

**HOW TO DRAIN** Set a colander in the sink and transfer your cooked pork into the strainer to drain out any excess moisture. Or if you prefer not to dirty another dish, use the lid of the sauté pan to cover; hold the pork in the pan and leave a tiny opening to drain the pork.



## Fiesta Pork Soup



## Fiesta Pork Soup

### COOKING DIRECTIONS

In medium saucepan, cook and stir pork until browned. Drain. Add chicken broth, picante sauce, cumin and pepper; bring to a boil. Reduce heat; cover and simmer for 15 minutes, stirring occasionally. Stir in cheese soup; simmer until heated through. Do not boil. Pour into serving bowls; garnish with tortilla chips and sour cream. *Serves 5.*

### SERVING SUGGESTIONS

Younger cooks can help fix this with some supervision. Or have teen cooks fix this for a quick and tasty family dinner.

### NUTRITION FACTS PER SERVING

Calories: 420; Protein: 20 g; Fat: 20 g; Sodium: 1200 mg; Fiber: 0 g; Cholesterol: 80 mg; Saturated Fat: 11 g; Carbohydrates: 18 g

### INGREDIENTS

- 1 pound lean ground pork
- 1 14½-oz. can chicken broth
- 1 8-oz. jar picante sauce
- ⅓ tsp. ground cumin
- ⅓ tsp. ground pepper
- 1 11-oz. can condensed fiesta nacho cheese soup
- 1 cup small round tortilla chips
- ¼ cup sour cream

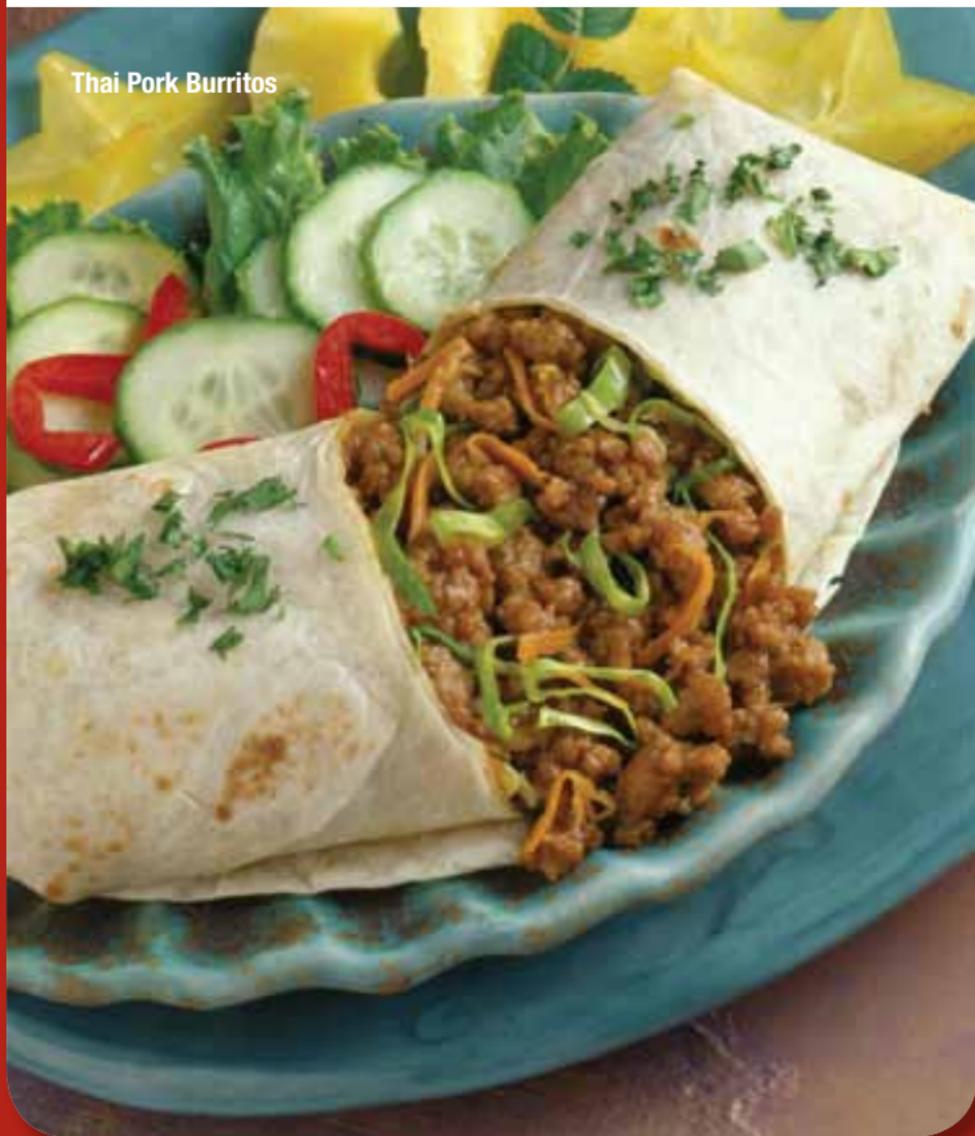
## Freezing Basics

Since ground pork is easily stored in the freezer and defrosted for meals at a later time, buying in bulk is a win-win. Simply wrap the pork tightly in specially-coated freezer paper (place the waxed side against the meat) or heavy-duty aluminum foil and seal it in a heavy-duty freezer plastic bag. Well-wrapped ground pork, cooked or uncooked, can be stored in the freezer for about 3 months, but with all the mouth-watering recipes featured, surely you'll get a hankering for it well before that time.

**HOW TO ROLL** Use a spoon to scoop the ground pork and place it on top of a flour tortilla; add any additional ingredients. Using two hands, fold in 2 ends of the tortilla, rotate 90 degrees and repeat, and then tightly roll together. Or, let the kids figure out a new fun way to roll it up!



## Thai Pork Burritos



## Thai Pork Burritos

### COOKING DIRECTIONS

Heat large nonstick skillet over high heat. Add pork; cook, crumble and stir until pork is no longer pink, about 3-4 minutes. Add ginger, garlic, onion and coleslaw mix and stir-fry with pork for 2 minutes, until vegetables are wilted. Stir constantly to blend in all remaining ingredients well, about 1 minute. Spoon equal portions of mixture onto warm tortillas, garnish with cilantro, roll up to encase filling and serve. *Serves 4.*

### SERVING SUGGESTIONS

The Thai flavor profile continues to grow in popularity—and these Thai-flavored wraps will become a family favorite. Serve with a cucumber salad.

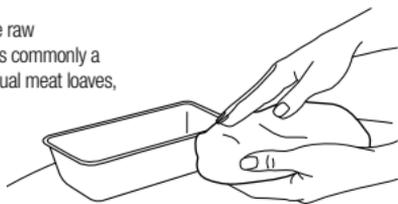
### NUTRITION FACTS PER SERVING

Calories: 435; Protein: 30 g; Fat: 12 g; Sodium: 1169 mg; Fiber: 4 g; Cholesterol: 57 mg; Saturated Fat: 3 g; Carbohydrates: 50 g

### INGREDIENTS

- 1 pound lean ground pork
- 2 Tbs. grated ginger
- 1 garlic clove, crushed
- 1 small onion, thinly sliced
- 2 cups coleslaw mix with carrots
- 1 tsp. olive oil
- 3 Tbs. soy sauce
- 2 Tbs. lime juice
- 1 Tbs. honey
- 2 tsp. ground coriander
- ½ tsp. crushed red pepper flakes
- 4 10-inch flour tortillas, warmed
- Fresh cilantro, chopped

**HOW TO SHAPE A LOAF** Use two hands to mold the raw ground pork, shaping it to fit the size of your cooking pan, which is commonly a rectangular 9x4-inch loaf pan. Or, if you're making smaller individual meat loaves, simply reduce the amount of pork in each loaf serving and shape accordingly. You can be gentle so no need to overwork it!



### Mini Pork Meat Loaves



## Mini Pork Meat Loaves

### COOKING DIRECTIONS

In large mixing bowl combine ground pork,  $\frac{3}{4}$  cup of pasta sauce, 1 cup of cheese, bread crumbs, egg, seasoning and salt. Shape mixture into 4 oval-shaped loaves (about 6 inches in length) and place on a foil-lined baking sheet sprayed with nonstick cooking spray. Top each loaf with some of the remaining pasta sauce, remainder of the cheese and fresh tomato slices.

Bake in 425° F oven for 15 minutes or until cooked through. Garnish with basil leaves if desired and serve with any remaining sauce. *Serves 4.*

### SERVING SUGGESTIONS

These individual meat loaves make a great weeknight meal. Serve with baked potatoes and green beans.

### NUTRITION FACTS PER SERVING

Calories: 570; Protein: 34 g; Fat: 37 g; Sodium: 1220 mg; Fiber: 3 g;  
Cholesterol: 165 mg; Saturated Fat: 16 g; Carbohydrates: 24 g

### INGREDIENTS

- 1 pound lean ground pork
- 1 14-oz. jar pasta sauce
- 1½ cups shredded Italian cheese blend
- 1½ cups soft fresh bread crumbs
- 1 egg
- 1 Tbs. salt-free spaghetti seasoning, OR Italian herb blend seasoning
- $\frac{1}{2}$  tsp. salt
- 2 Roma tomatoes, thinly sliced
- $\frac{1}{4}$  cup fresh basil leaves (optional)

## Baking Basics

For baking ground pork instead of sautéing it in a pan, we recommend using a cooking thermometer to measure the pork's doneness. Simply insert a digital or instant-read thermometer into the thickest part of the meat. The temperature should register within a few seconds. Remember, perfectly cooked ground pork should reach 160° F.

## HOW TO STORE GROUND PORK

Originally sealed, prepacked ground pork will keep in the refrigerator for 1-2 days. If you do plan on keeping the raw, fresh pork longer before cooking it, store it well wrapped in the freezer. Cooked leftovers can be kept in the fridge for 4-5 days.



## Pork Pot Pies



## Pork Pot Pies

### COOKING DIRECTIONS

Heat olive oil in large skillet over medium-high heat, add ground pork, salt and pepper. Brown well, drain; return to skillet.

Meanwhile cook vegetables according to package directions. Add sauce and vegetables to the pork in the skillet. Stir to combine well. Divide mixture into 4 individual-sized casserole dishes or one 9x9 baking dish. Top mixture with bread dough sticks in criss-cross pattern. Bake at 375° F for 10-12 minutes. *Serves 4.*

### NUTRITION FACTS PER SERVING

Calories: 600; Protein: 30 g; Fat: 36 g; Sodium: 1460 mg; Fiber: 4 g; Cholesterol: 130 mg; Saturated Fat: 13 g; Carbohydrates: 39 g

### INGREDIENTS

1 pound lean ground pork

1 ¼ cups sun-dried tomato Alfredo sauce

1 12-oz. package steam-in-bag frozen vegetable medley

1 8-oz. tube refrigerated garlic breadstick dough

1 tsp. olive oil

½ tsp. salt

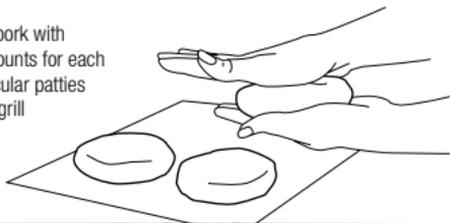
½ tsp. pepper

## Cooking Basics

	APPROX. THICKNESS	TOTAL COOKING TIME
<b>BROILING</b> 4 in. from heat <b>GRILLING</b> over direct heat	½-inch patties	8-10 minutes
<b>SAUTÉING</b> with a small amount of oil over medium-high heat in an uncovered pan	½-inch patties	8-10 minutes

Ground pork should be cooked to 160° F.

**HOW TO MAKE A PATTY** Gently mix ground pork with desired seasonings, and then separate into individual amounts for each burger. Using both hands, shape the ground pork into circular patties about three-quarters of an inch in thickness. Then, fry or grill your handmade creations for all to enjoy!



### The Other Burger



## The Other Burger

### COOKING DIRECTIONS

Gently mix together ground pork and seasonings; shape into 4 burgers about  $\frac{3}{4}$  inch in thickness. Place on grill over moderate-hot coals, lower hood and grill for 5 minutes; turn and finish grilling 4-5 minutes more, until an instant-read thermometer reads 160°F. Serve immediately, on sandwich buns if desired. *Serves 4.*

### NUTRITION FACTS PER SERVING

Calories: 146; Protein: 22 g; Fat: 6 g; Sodium: 192 mg; Fiber: 0 g;  
Cholesterol: 57 mg; Saturated Fat: 2 g; Carbohydrates: 0 g

### INGREDIENTS

1 pound lean  
ground pork

1 tsp. ground black  
pepper

$\frac{1}{4}$  tsp. salt

### SERVING SUGGESTIONS

- Avocado slices
- Bacon strips
- Bleu Cheese
- Caramelized onions
- Coleslaw
- Mushrooms

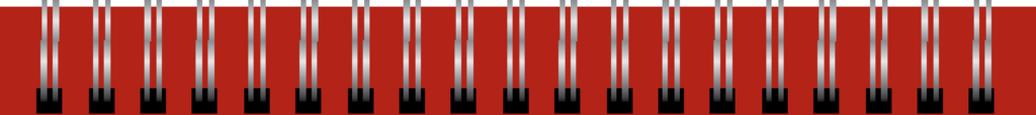


## Pork Burgers with International Flair

**Eastern Burger:** To Other Burger basic mix, add 2 teaspoons soy sauce, 2 tablespoons dry sherry and 1 tablespoon grated ginger root.

**Italian Burger:** To Other Burger basic mix, add 1 crushed garlic clove, 1 teaspoon crushed fennel seed and 2 teaspoons EACH red wine and olive oil.

**South of the Border Burger:** To Other Burger basic mix, add  $\frac{1}{4}$  teaspoon EACH ground cumin, oregano, seasoned salt and crushed red chilies.



**pork** Be inspired<sup>SM</sup>

For more pork cooking survival tips and recipes you can fix for dinner tonight, get cooking and clicking at [PorkBeInspired.com](http://PorkBeInspired.com).

 [Facebook.com/PorkBeInspired](https://www.facebook.com/PorkBeInspired)

 [Twitter.com/AllAboutPork](https://twitter.com/AllAboutPork)