



# Healthy Ways to Eat Canned Pork



Note: It is ready to eat without heating

1. Use pork to make barbeque pork.
2. Add pork to pizza for a different protein option.
3. Use pork in soup, stew and chili.
4. Add pork to your spaghetti sauce and casseroles.
5. Make Southwestern Pork Salad and top over a bed of lettuce to create a healthier meal!

## Ingredients:

Nonstick cooking spray	2 teaspoons dried oregano (if you like)
½ cup onion, chopped	½ teaspoon cumin (if you like)
12 oz (about half the can) pork, drained	1 (15oz) can kidney beans, drained & rinsed
1 tablespoon chili powder	1 (14.5oz) can diced tomatoes, drained

## Directions:

1. In a large skillet coated with nonstick cooking spray, over medium-high heat, cook the onion and pork until the onion is soft, about 5 minutes.
2. Stir in chili powder, beans and tomatoes. If using oregano and cumin, add now. Mix and cook 1 minute.
3. Arrange lettuce on a serving plate and top with pork mixture. Sprinkle with cheese if using.

6. Make Autumn Pork Stew. A warm dish for a cold day.

## Ingredients:

1 (24oz) can pork	2 teaspoons sugar
1 medium onion, chopped or 1 tbsp. onion powder	1 (15oz) can of corn, drained
1 tablespoon vegetable oil	4 cups water
2 (15oz) cans diced tomatoes, save juices	2 cups uncooked elbow macaroni noodles
1 tablespoon white vinegar	
1 tablespoon yellow mustard	

## Directions:

1. Put canned pork in small sauce pan to heat. Once heated, drain liquid and fat from pork and discard.
3. Heat a large sauce pan and add oil. Sauté onion until tender, about 5 minutes.
5. Add pork, tomatoes with juices, vinegar, mustard, sugar and corn.
6. Turn up to medium heat and add water. Bring to a boil for 5 minutes, stirring constantly.
8. Add macaroni noodles, reduce heat to low. Cover and simmer on low heat for 45 minutes.

7. Make Pizza Meatloaf. A simple twist on a family favorite.

## Ingredients:

12 oz (about ½ the can) pork, drained	¾ cup canned low-sodium tomato sauce
½ cup green pepper, chopped	¼ cup low fat cheese, shredded
¼ cup onion, finely chopped	

## Directions:

1. Preheat oven to 350 F.
2. Place pork in the bottom of a 9x9 inch baking pan or 9 inch pie dish.
3. Top with green peppers, onion, tomato sauce and cheese.
4. Heat in the oven for about 15 minutes until cheese is melted.

## 8. Make Black Bean and Pork Chili. A hearty meal to fill the family!

### Ingredients:

3 tablespoons vegetable oil	2 tablespoons chili powder
1 large onion or 1-2 tablespoons onion powder	¼ teaspoon cayenne pepper
1 bell pepper, chopped or 1 can green chilies	1 teaspoon garlic powder
1 (24oz) can pork, drained	1 (15oz) can black beans (or any variety), drained & rinsed
2 (24oz) cans diced tomatoes, with their juices	

### Directions:

1. Heat oil in a pot over medium-high heat.
2. Add the onions, bell pepper if using fresh. If not, skip to the next step.
3. Combine all ingredients into the pan and bring to a boil.
4. Turn down the heat and simmer for about 20 minutes or until heated all the way through.

## 9. Make Sweet and Sour Pork. Serve with a side of green vegetables.

### Ingredients:

1 (24oz) can pork, drained	¼ cup white vinegar
2 green peppers, chopped	¼ cup mustard
2 onions, chopped	¼ cup sugar
1 ½ cups ketchup	2 tablespoons chili powder
1 (7oz) can chunk pineapple, drained & rinsed	

### Directions:

1. In a large sauce pan, combine all ingredients.
2. On medium heat, bring to a slow boil.
3. Reduce heat to low and cover. Simmer 15-20 minutes, stirring occasionally.

## 10. Make Pork Casserole. This recipe is adaptable to whatever you have on hand.

### Ingredients:

2 cups cooked brown rice	1 (16oz) can diced tomatoes OR 1 (10oz) can cream of mushroom/chick soup + ½ cup low fat milk
1 ½ cups (about half the can) pork, drained	
2 cups canned or fresh vegetable of choice	
1-2 teaspoons dried herbs/spices	1 cup shredded cheese, optional
Salt and pepper to taste	

### Directions:

1. Preheat oven to 350 F.
2. Combine all ingredients in a greased casserole dish. Top with cheese, if using.
3. Bake for 20-25 minutes. Serve warm.

## 11. Make Pork Burritos for a healthy fast food favorite!

### Ingredients:

1 tablespoon oil	1/2 cup water
1 small onion, chopped or 1 tbsp. onion powder	1 (15oz) can whole kernel corn, drained & rinsed
1 (24oz) can pork	1 1/2 cups low fat cheddar cheese, shredded
1 taco seasoning packet	10 (8inch) whole wheat tortillas
1 (15oz) can diced tomatoes	Salsa (optional)
2 cups cooked rice	

### Directions:

1. In a large skillet, heat oil. Sauté onion for about 5 minutes.
2. Stir in pork and taco seasoning. Add corn, tomatoes, rice and water.
3. Mix well. Cover and cook for 5-10 minutes or until no liquid remains.
4. Spoon mixture into each tortilla. Top with cheese and salsa (if using).
5. Roll up tortilla and serve.

