



Pork, Canned/Pouch

MyPlate Food Group: **Protein**



Nutrition Information

- 1 ounce of canned/pouch pork counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Canned/pouch pork supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Canned/pouch pork is fully cooked, so it is safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.
- Canned/pouch pork can be added to soups, stews, or casseroles for a hearty meal.
- Add barbecue sauce to canned pork for a quick and easy barbecue pork. Serve over brown rice or on a whole-wheat bun and a side of coleslaw for a delicious summertime barbeque meal.

Storing Foods at Home

- Store unopened cans/pouches in a cool, clean, dry place.
- Store remaining opened pork in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



USDA Foods

10-Minute Pork Barbecue Sandwich

Makes 5 servings

Ingredients:

- 1 teaspoon vegetable oil
- 1 large onion, chopped
- 2 cups canned pork
- $\frac{3}{4}$ cup barbecue sauce
- 5 hamburger buns

Directions: Wash hands with soap and water.

1. Heat the oil in a large skillet over low heat.
2. Add the onion and cook it until tender, about 3-5 minutes.
3. Mix in the pork and barbecue sauce; cook it for about 5 minutes or until it is heated throughout.
4. Spoon the barbecue mixture onto the bottom half of an opened hamburger bun.

Recipe adapted from AgriLife Extension, Texas A&M System

Autumn Pork Stew

Makes 12 servings

Ingredients:

- 1 (24 ounce) can pork
- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 2 (15 $\frac{1}{2}$ ounce each) cans diced or crushed tomatoes
- 1 tablespoon white vinegar
- 1 tablespoon yellow mustard
- 2 teaspoons sugar
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- 1 (16 ounce) can whole kernel corn
- 4 cups water
- 2 cups elbow macaroni noodles, uncooked

Directions: Wash hands with soap and water.

1. Put canned pork in small saucepan to heat.
2. Drain liquid and fat from pork and discard.
3. In large saucepan, cook onion in vegetable oil until tender.
4. Add pork, tomatoes with juices, white vinegar, mustard, sugar, Worcestershire sauce, and corn with juices.
5. On medium heat, add water to mixture.
6. Bring to boil for 5 minutes, stirring constantly.
7. Add macaroni noodles.
8. Reduce heat to low. Cover and simmer on low heat for 45 minutes.

Recipe adapted from The University of Tennessee Agricultural Extension Service