



## Pulled Pork, Frozen

MyPlate Food Group: **Protein**



### Nutrition Information

- Pulled pork is a meat product and can be found in the Protein group on ChooseMyPlate.gov.
- Pulled pork is a good source of protein, B vitamins and zinc.
- For specific information about pulled pork, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses and Tips

- This item is fully cooked and mildly seasoned.
- Pulled pork can be used in chili, burritos, casseroles, sandwiches and pasta dishes.
- Thaw frozen pulled pork in the refrigerator or in the microwave by using the defrost setting.
- Heat thawed pulled pork immediately and do not refreeze.

### Storing Foods at Home

- Store unopened, frozen pulled pork in the freezer until ready to use.
- After thawing, heat pulled pork to the appropriate heating temperature indicated in the manufacturer's instructions on the packaging.

### MyPlate Facts

- Pork is a good source of protein, zinc, and B vitamins including niacin, thiamin, riboflavin and vitamin B6.
- In the body, proteins act as building blocks for bones, muscles, and blood.
- Pork has zinc. Zinc helps the immune system work properly.
- B vitamins (niacin, thiamin, riboflavin, and vitamin B6) help the body release energy, aid in forming red blood cells, and help the nervous system work correctly.
- Fully cooked, mildly seasoned pulled pork contains saturated fat, cholesterol, and sodium.
- Diets high in saturated fat and cholesterol can increase your risk of heart disease.
- Diets high in sodium can increase your blood pressure and put you at risk for a stroke.



## USDA Foods

### **Pulled Pork Sandwich with Cabbage and Carrot Slaw**

*Makes 8 servings*

#### **Ingredients**

2 lbs thawed, fully cooked pulled pork  
8 whole wheat dinner rolls or slider buns  
1 head cabbage, shredded  
2 carrots, shredded  
1/4 cup vegetable oil  
1/4 cup vinegar  
1/4 teaspoon salt  
1/4 teaspoon black pepper

**Directions:** Wash hands with soap and water.

1. Heat thawed pulled pork to the temperature recommended by the manufacturer and set aside.
2. In a medium bowl, mix the shredded cabbage and carrots.
3. In a small bowl, mix the vegetable oil, vinegar, salt and pepper.
4. Add the dressing to the cabbage mixture and coat thoroughly.
5. To make a sandwich, add pulled pork to the bottom sandwich bun and top with 1-2 tablespoons of slaw. Place the top portion of the bun on the slaw and enjoy!

*Recipe adapted from SNAP Recipes. Food and Nutrition Services. United States Department of Agriculture*

### **Pulled Pork Chile Stew**

*Makes 6 servings*

#### **Ingredients**

2 tablespoons vegetable oil  
1 yellow onion, diced  
1 cup carrots, diced  
2 chile peppers, diced (Hatch or jalapeño)  
3 cloves garlic, diced  
Salt and pepper, to taste  
1 1/2 lbs cooked pulled pork  
1/4 cup all-purpose flour  
4 cups chicken broth  
1 (15 ounce) can diced tomatoes  
2 cups potatoes, cubed  
1/2 teaspoon ground cumin

**Directions:** Wash hands with soap and water.

1. In a large pot, heat oil over medium heat. Add onion and carrot and cook for 5 minutes. Add chile peppers and garlic and cook for 2 minutes.
2. Season with salt and pepper. Stir in pulled pork and all-purpose flour.
3. Slowly stir in the chicken broth then add the tomatoes, potatoes, and cumin.
4. Bring the stew to a boil then reduce the heat and cover.
5. Simmer for 20-25 minutes. Stir every 5 minutes until potatoes are tender.

*Recipe adapted from All Recipes*