

# Can-Do PORK

## Quick and Easy Potpie

Servings: 6

### Ingredients

- One 10.5-ounce can cream of chicken (sodium-free)
- ½ cup milk
- One 12-ounce can precooked pork, cubed
- One 15-ounce can sliced potatoes
- One 15-ounce can mixed vegetables, drained
- 1 teaspoon garlic powder
- One 7.5-ounce can biscuits
- Pepper (optional)

### Directions

1. Preheat oven to 350°F.
2. In large bowl, combine cream of chicken soup and milk. Mix.
3. Stir in pork, potatoes, mixed vegetables and garlic powder.
4. Pour into greased 9-by-9-inch pan. Sprinkle with pepper.
5. Lay biscuits on top of mixture.
6. Bake for 15 minutes or until biscuits are brown.
7. Enjoy! Refrigerate leftovers immediately.



## Tips to lower your sodium

- Draining and rinsing your canned pork with hot water can help to reduce the sodium content.
- Skip the salt. Try adding some of the following spices that bring out the best flavors in pork recipes: chile peppers, cinnamon, cloves, cumin, fennel, garlic, ginger, mint, mustard (Dijon-style), onions, oregano, paprika, pepper, parsley, sage, rosemary and thyme. You won't even miss the salt!

## Family Breakfast Skillet

Servings: 6

### Ingredients

- 12 eggs
- ½ cup milk
- Pepper to taste
- 1 teaspoon garlic powder
- 1 tablespoon cooking oil
- One 12-ounce can precooked pork, cubed
- Two 15-ounce cans potatoes or 6 potatoes, boiled and cubed
- 1 teaspoon minced onion
- 1 cup shredded cheddar cheese (any kind)

### Directions

1. In a bowl, beat eggs, milk, pepper and garlic powder. Set aside.
2. Over medium heat, add oil to a skillet and lightly brown pork, potatoes and minced onion.
3. Add scrambled egg mixture to skillet. Stir occasionally to prevent sticking.
4. Scramble eggs 5-10 minutes, until firm, stirring frequently. Sprinkle 1 cup cheese over mixture. You may wish to cover the skillet with a lid so the cheese melts faster.
5. Enjoy! Cover and refrigerate leftovers immediately.



## Cooking Terms

**Boil:** Heat a liquid until bubbles break continually on the surface.

**Chop:** Cut solids into pieces with a sharp knife or other chopping device. Finely Chop is just chopping solids into small pieces.

**Dice:** Cut food into small cubes of uniform size and shape.

**Divided:** Use a particular ingredient more than once in the same recipe.

**Simmer:** Cook slowly in liquid over low heat at a temperature of about 180 F. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

## *Ham Salad Sandwiches*

Servings: 4

### Ingredients

- One 12-ounce can precooked pork
- 2 tablespoons pickle relish
- 2 tablespoons diced celery
- 1 teaspoon mustard
- 2 tablespoons mayo or salad dressing spread
- 2 hard-boiled eggs, chopped
- 8 slices of whole-wheat bread

### Directions

1. Using a fork, mash pork. Mix pork, pickle relish, celery, mustard and mayo. Once mixed well, fold in the eggs.
2. Spread on bread.
3. Enjoy! Refrigerate leftovers immediately.



### **Cooking tip**

To add a different flavor, consider adding sliced grapes, sliced apples, dried cranberries or raisins to the mix.



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## ***10-Minute Pork Barbecue Sandwich***

Servings: 5

### **Ingredients**

- 1 teaspoon vegetable oil
- 1 large onion, chopped
- Two 12-ounce cans precooked pork
- $\frac{3}{4}$  cup prepared barbecue sauce
- 5 hamburger buns

### **Directions**

1. Wash your hands. Make sure your cooking area is clean.
2. Using a large skillet, heat the oil over medium-low heat.
3. Add the onion and cook until tender, about 3–5 minutes.
4. Add the pork and barbecue sauce to the skillet and mix in.  
Cook for about 5 minutes or until heated throughout.
5. Spoon the barbecue mixture onto the bottom half  
of a hamburger bun.
6. Enjoy! Refrigerate leftovers immediately.

