



Quick and Easy Pot Pie

Servings: 6

Ingredients:

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

Directions:

1. Preheat oven to 350°F.
2. Combine cream of chicken soup and milk. Mix.
3. Stir in pork, potatoes and mixed vegetables.
4. Pour into greased 9-inch x 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.

COOKING TERMS

BEAT: to mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible

CHOP: to cut solids into pieces with a sharp knife or other chopping device.

- **FINELY CHOP:** chopping solids into small pieces

DICE: to cut food into small cubes of uniform size and shape

DISSOLVE: to cause a dry substance to pass into solution in a liquid

FOLD: cut down through a mixture with spoon, whisk or fork

- To fold, move the utensil across the bottom of bowl, up and over, close to surface. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

SCRAMBLE: to cook eggs in a pan while stirring, usually after mixing whites and yolks together

Lower Your Sodium with these Cooking Tips:

- Draining and rinsing your canned pork with hot water can help to reduce the sodium content.

- Try using 1 pound of dried beans in place of canned beans. Dried beans are a healthy alternative to canned because they have less sodium. Cover the beans with cold water. Soak them overnight at room temperature. The next day, drain the beans and simmer in fresh water for two hours or until the beans are tender.

- Draining and rinsing canned beans can reduce the sodium content by as much as 41 percent.
- 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!



Pork Pozole

Servings: 6

Ingredients:

- 1 (12-ounce) can precooked pork, cubed
- 1 tablespoon vegetable oil
- 1 medium onion, diced
- 2 (15.5-ounce) cans golden hominy, drained
- 1 (14-ounce) can diced tomatoes, drained
- 1 (4-ounce) can diced green chilies, drained (optional)
- 2 to 4 cups broth of choice (low sodium) depending on desired consistency

Directions:

1. Heat oil over medium to medium high heat. Sauté onion until clear.
2. Add all other ingredients. Heat until simmering.
3. Enjoy! Refrigerate leftover immediately.

Adapted from Christa Spindler, Crawford County, Nutrition Program Associate

Suggestions: This dish can be served with warm tortillas, if desired. You can also add more broth for a thinner soup and less for a thicker stew. Feel free to season with salt, pepper or other spices such as red pepper, cumin, or garlic powder.

MEASUREMENT EQUIVALENTS:

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅛ tablespoons	= ⅓ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

Ham Salad Sandwiches

Servings: 4

Ingredients:

- 1 (12-ounce) can precooked pork
- 2 tablespoons pickle relish
- 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 and mayo. Once mixed well, fold in the eggs.
2. Spread on bread.
3. Enjoy! Refrigerate leftovers immediately.

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



10-Minute Pork Barbecue Sandwich

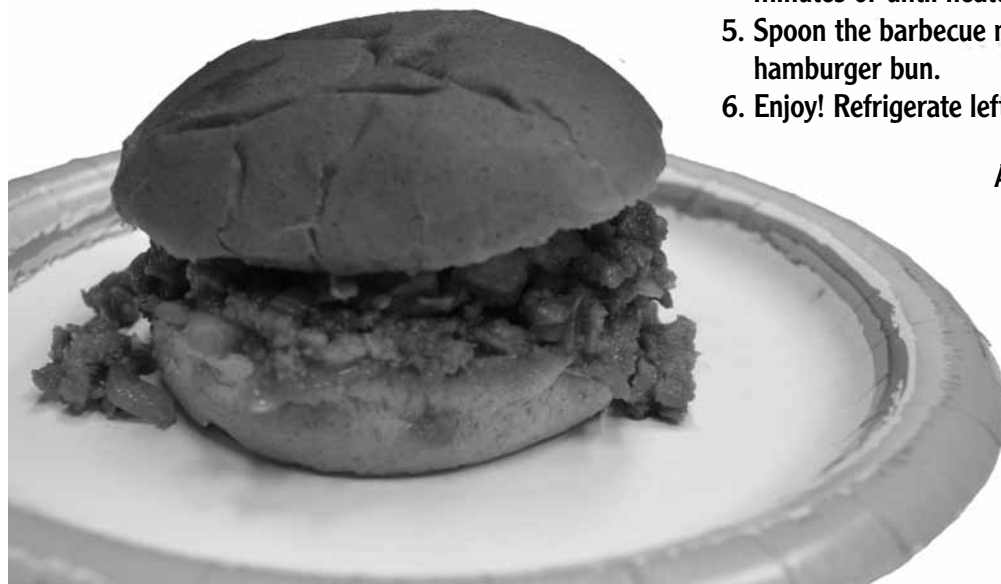
Servings: 5

Ingredients:

- 1 teaspoon vegetable oil
- 1 large onion, chopped
- 2 (12-ounce) cans precooked pork
- 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 low heat.
3. Add the onion and cook until tender, about 3 to 5 minutes.
4. Mix the pork and barbecue sauce. 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.



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Adapted from AgriLife Extension,
Texas A&M System

Family Breakfast Skillet

Servings: 6

Ingredients:

- 1 (12-ounce) can precooked pork, cubed
- 2 (15-ounce) cans potatoes or 6 potatoes, boiled and cubed
- 12 eggs
- ½ cup low-fat or fat-free milk
- 1 cup low-fat or reduced-fat shredded cheddar cheese (any kind)
- 1 teaspoon minced onion
- Pepper to taste

Directions:

1. Mix eggs, milk, pepper and minced onion in bowl. Set aside.
2. In well-greased and heated skillet, lightly brown pork and potatoes over medium heat.
3. Add scrambled egg mixture to skillet. Stir occasionally to prevent sticking.
4. Cook 5 to 10 minutes, until eggs are firm. 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.



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We hope you enjoy the recipes!

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