

# Can-Do PORK

## 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
- 1 teaspoon garlic powder
- Pepper (optional)

### Directions

1. Preheat oven to 350°F.
2. Combine cream of chicken soup and milk. Mix.
3. Stir in pork, potatoes, mixed vegetables and garlic powder.
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.

### 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!



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## 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
- $\frac{1}{2}$  cup milk
- 1 cup shredded cheddar cheese (any kind)
- 1 teaspoon minced onion
- 1 tablespoon cooking oil
- 1 teaspoon garlic powder
- Pepper to taste

### Directions

1. Beat eggs, milk, pepper and garlic powder in bowl. Set aside.
2. Over medium heat, add oil to a skillet and lightly brown pork and potatoes.
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:** to heat a liquid until bubbles break continually on the surface

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

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

**Divided:** to use a particular ingredient more than once in the same recipe

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



## 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
- 2 tablespoons diced celery
- 1 teaspoon mustard

### 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
- 2 (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 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.

