Cooking with Canned Pork

Canned pork is a cooked pork product. It is a good source of protein, thiamin, niacin and iron.

Uses

Canned pork can be sliced, diced or shredded for almost any pork recipe. You can even try using pork when a recipe calls for beef or chicken.

One can (29 ounces) equals about 3 cups of diced pork. If you want more flavor, add your favorite spices, such as garlic powder or pepper.

How to store it

For best quality, store unopened cans in a cool, dry place. Use them within 1 year.

After you open the can, store any leftover pork in an airtight container in the refrigerator. Use it within 2 to 3 days.

10-Minute Pork Barbecue Sandwich (makes about 5 servings, ½ cup each)

What you need

1 teaspoon vegetable oil
1 large onion, chopped
2 cups canned pork
¾ cup prepared barbecue sauce
5 hamburger buns

How to make it

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 it until tender, about 3 to 5 minutes.
4. Mix in the pork and barbecue sauce; cook it for about 5 minutes or until it is heated through.
5. Spoon the barbecue mixture onto the bottom half of an opened hamburger bun.

Fried Rice With Pork (makes 6 to 8 servings)

What you need

2 large eggs
1 tablespoon vegetable oil
¼ cup onion, chopped
1 clove garlic, chopped
4 cups cooked rice
3 tablespoons soy sauce
½ cup canned pork, shredded

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a large skillet, cook the eggs in oil until they are firm.
3. Stir in the cooked rice, pork and soy sauce. Continue stirring until all the ingredients are mixed and steaming hot.

Adapted from Commodity Fact Sheet for USDA Household Programs: Canned Pork by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.