

10 WAYS TO USE CANNED PORK

If you have a can of ground or shredded pork, you have the beginning of many tasty, quick meals! Here are 10 ideas to get you started.



1. Pasta sauce: simmer with your favorite jar of sauce and serve over pasta. Add some freshly snipped herbs (such as basil) before serving for a fresh taste.



2. Tacos: add 1 tablespoon chili powder, 1/2 teaspoon each cumin, onion powder, garlic powder and oregano. Stir in a 15-ounce can of tomato sauce and simmer until heated. Place in a taco shell or tortilla with your favorite toppings.

3. Ramen Noodles: add to ramen noodles with any leftover cooked veggies you have. Skip the flavor packet and use herbs, spices & condiments on hand.

4. Sloppy Joes: chop and sauté a green pepper and onion. Stir in pork, 1/4 cup barbecue sauce, an 8-ounce can of tomato sauce and a can of diced tomatoes. Simmer 10 minutes and serve on whole wheat buns.



5. Soup and Stew: use in place of any meat with frozen or leftover vegetables and broth or water--you don't have to cook meat first--a real time saver!

6. Enchiladas: mix with a can of diced tomatoes with chilies. Roll a tablespoon or two up in a tortilla, top with enchilada sauce and a little cheese, and bake.



7. Hash: chop an onion and a potato into bite-sized pieces. Sauté until tender. Add any cooked veggies or canned beans and season to taste. Add eggs by making a few wells in the mixture and carefully adding raw eggs. Cover and cook until eggs are set.

8. Chili: sauté a chopped onion; add a few cloves crushed garlic and pork. Stir in a can of beef broth, one can (28-ounces) diced tomatoes, 1/4 cup chili powder, one can of beans and bring to a simmer. Cook about 15 minutes. Season to taste.



9. Rice Bowl: sauté some veggies, add pork and teriyaki sauce. Serve over rice.

10. Jambalaya: sauté chopped onion, celery and bell pepper. Add pork and 1-1/2 teaspoons oregano and black pepper to taste. Stir in a 28-ounce can of diced tomatoes and simmer 15 minutes. Stir in cooked rice and heat through.