



Pork, Canned/Pouch

MyPlate Food Group: Protein

Nutrition Information

- 1 ounce of canned/pouch pork counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered apart of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Canned/pouch pork supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses & Tips

- Canned/pouch beef is fully cooked, so it is safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.
- Canned/pouch beef can be used in dishes such as lasagna, casseroles, spaghetti sauce, or chili.

MyPlate Facts

- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.

Storing Foods at Home

- Store unopened cans or pouches in a cool, clean, dry place.
- Store remaining opened beef in a tightly covered container that is not made from metal in the refrigerator.



GOLDEN
HARVEST FOOD BANK



10-Minute Pork Barbecue Sandwich

Makes 5 servings

Ingredients:

- 1 teaspoon vegetable oil
- 1 large onion, chopped
- 2 cups canned pork
- $\frac{3}{4}$ cup barbecue sauce
- 5 hamburger buns

Directions: Wash hands with soap and water.

1. Heat the oil in a large skillet over low heat.
2. Add the onion and cook it until tender, about 3-5 minutes.
3. Mix in the pork and barbecue sauce; cook it for about 5 minutes or until it is heated throughout.
4. Spoon the barbecue mixture onto the bottom half of an opened hamburger bun.

Recipe adapted from AgriLife Extension, Texas A&M System