Recipes For A Complete Meal Using Commodity Foods*

Menu:

• 10-Minute Pork BBQ Sandwich
• Green Beans
• Scalloped Potatoes
• Applesauce with Cinnamon

10-Minute Pork BBQ Sandwich

1 teaspoon vegetable oil  3/4 cup prepared barbecue sauce
1 large onion, chopped  5 hamburger rolls
*2 cups canned pork

In a large skillet, heat oil on low heat. Add onion and cook until tender, about 5 minutes. Mix in pork and barbecue sauce and cook until heated through, about 5 minutes. Spoon barbecue mixture on bottom half of opened hamburger bun.

Makes 5 servings (½-cups each)
Nutritional Information: Amount per serving: Calories 331; Total Fat 9.5 g; % of total calories from fat 26%; Protein 19 g; Sodium 862 mg.

Uses and Tips for Using Canned Pork in Recipes

• Canned Pork is fully cooked in its own juices and is ready to use.
• To remove the fat that has risen to the top of the can, gently open the can and scoop the fat out with a spoon and throw away.
• Canned pork works great cut-up in salads, soups, stews, sandwiches, barbecue, spaghetti sauce, vegetable stir-frys, or casseroles.

Green Beans

*1 can green beans, drained  dash of pepper
½ cup water  Hot pepper sauce (optional)

In a medium saucepan, add green beans (drained), water, and pepper. Cook on medium heat until heated through. Top with a couple drops of hot pepper sauce (optional).

Makes 4 (½ cup) servings
Nutritional Information: Amount per serving: Calories 22; Total Fat 0 g; % of total calories from fat 0%; Protein 1 g; Sodium 297 mg.

To add extra flavor without adding fat or extra salt, sprinkle ½ teaspoon of a dried herb mixture.
Scalloped Potatoes

1 teaspoon vegetable oil
*2 ½ cups uncooked dehydrated sliced potatoes
**1 cup milk
3 tablespoons margarine
3 tablespoons flour

½ teaspoon salt
1/4 teaspoon black pepper
2 teaspoons finely chopped onion
**2 cups milk

Oil an 8” by 8” baking pan. Arrange potatoes on bottom of pan. Cover with 1 cup milk. Melt margarine in a medium pan on low heat until bubbly. Add flour, salt, pepper, and onion; stir until mixture bubbles, about 2 minutes. Slowly add 2 cups milk; stirring constantly on medium heat until sauce is smooth and bubbly; about 5 minutes. Pour sauce over potatoes and bake at 375 degrees F for 45 minutes or until lightly browned.

* If using nonfat dry milk, use 1/3 nonfat dry milk and 2/3 water to yield 1 cup milk.

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Makes 6 (½ cup) servings

Nutritional Information: Amount per serving: Calories 172; Total Fat 6.5 g; % of total calories from fat 33%; Protein 6 g; Sodium 332 mg.

A WELL BALANCED MEAL!

½ cup serving of Scalloped Potatoes provides nutrients found in the VEGETABLE GROUP and MILK GROUP of the Food Guide Pyramid

½ cup serving of green beans provides nutrients found in the VEGETABLE GROUP of the Food Guide Pyramid

1 serving of the BBQ Sandwich provides nutrients found in the MEAT GROUP and the BREAD GROUP of the Food Guide Pyramid

½ cup serving of the applesauce provides nutrients found in the FRUIT GROUP of the Food Guide Pyramid

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