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.

Scalloped Potatoes

1 teaspoon vegetable oil           1/2 teaspoon salt
* 2 1/2 cups uncooked dehydrated sliced potatoes 1/4 teaspoon black pepper
** 1 cup milk                      2 teaspoons finely chopped onion
3 tablespoons margarine           ** 2 cups milk
3 tablespoons flour

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.
# Nutrition Facts

<table>
<thead>
<tr>
<th>Servings Per Recipe</th>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 (1/2 cups each)</td>
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</tr>
<tr>
<td>Calories 331</td>
<td>26% of total calories from fat</td>
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<tr>
<td>Total fat 9.5g</td>
<td>Sodium 862mg</td>
</tr>
<tr>
<td>* Vitamin A 0%</td>
<td>*Vitamin C 3%</td>
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<tr>
<td>*Calcium 6%</td>
<td>*Iron 11%</td>
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</tbody>
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*Percentage Daily Values

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