

## **Canned Pork Recipes**

Canned products like beef and pork were staples in kitchens of the 40's and 50's. Canning was a common way to preserve foods, even meat.

Once homes gained freezers, canned meat began to disappear from kitchens. But, they have a few nice advantages. The meat is already 100 percent cooked and requires little more than a few additional ingredients to make a meal.

Canned Pork or canned Beef will often have a ring of white fat at the top. Fat is less dense than the liquids so it floats to the top when hot. When it cools you see a white layer on the top of each can or jar. This fat is very similar to lard, also less used in our kitchens today. However it has the same ability to be heated as an oil and used to brown foods. The flavor in the canned pork fat is very mild and you might remove all of the white fat, use a few tablespoons for cooking and refrigerate or freeze the remainder for use in other recipes.

The Pork Stew is very simple, and goes together in just about 15 minutes. It can be served with another vegetable like carrots or spinach, or you can add a can of mixed vegetable to the recipe.

Canned pork can easily be used with canned beans, in your favorite pork casserole recipe, or in tacos and burritos when you add a pack of taco seasoning. Here are a few more recipes.

### **Pork Stew with Potato and Onion**

#### **Ingredients**

1 can of canned Pork  
2 tablespoons all-purpose flour  
1 medium yellow onion chopped  
1 Teaspoon Oregano  
1 cup of canned chopped tomato, drained  
2 cups chicken stock  
2 large potatoes cut into ½ pieces

#### **Instructions**

1. Open the can of Pork. Remove the white pork fat to a plate.
2. Heat a skillet or Dutch oven, add 2 tablespoons of the pork fat. The remainder can be frozen and used as fat in other recipes.
3. Add the can of pork to the heated fat and brown lightly to develop some flavor.
4. Add onion, tomato and oregano. Stir and cook for 5 minutes in medium heat.
5. Add the flour to the chicken stock and mix well.
6. Pour the chicken stock into the skillet; bring to a light boil.
7. Add the potato. Cook for 10 to 12 minutes in medium heat, or until the potato is soft. Add salt and pepper to taste. Serve



### **Beef Stroganoff**

Beef Stroganoff is considered a very special meal. But, it's actually simple to prepare, makes its own sauce or gravy and is filling and delicious served over inexpensive noodles, macaroni, ramen or Rice. This recipe is adapted to use canned pork, but if you have fresh pork, simply cut the fresh pork into ½ inch by 1 inch pieces, brown in oil, then simmer in a cup of chicken broth for 15 to 20 minutes until tender. And of course beef cubes, freshly cooked or canned can be used in this recipe too.

If you don't have sour cream, save the juice from the canned pork. In a small sauce pan over low heat, thicken this juice with a tablespoon of flour. Then add 1 teaspoon of vinegar, ¼ cup of milk and use it as a sour cream substitute.

Want to make it even EASIER: Add the cooked pork and canned mushrooms to a can of Cream of mushroom soup and heat. Add ½ cup sour cream or yogurt and serve over noodles.

### **Pork Stroganoff**

#### **Ingredients**

2 tablespoons vegetable oil or pork fat from the canned pork  
1 can of pork pieces, drain the juice and save it for other recipes (If 1 onion, thinly sliced)  
¼ pound fresh mushrooms, sliced (or 1 can drained mushrooms)  
¼ cup water  
1 teaspoon mustard  
½ teaspoon salt  
½ cup sour cream or plain yogurt

#### **Instructions**

1. Heat the oil in a skillet or Dutch oven.
2. Add onion and cook until it is tender and lightly browned.
3. Add the canned (or cooked) pork, mushrooms, water, mustard and salt.
4. Simmer for 10 to 15 minutes on medium low. Taste and adjust the seasoning. You may add more mustard or salt.
  - a. If you are serving this over pasta, cook the pasta while the meat is simmering.
  - b. If you don't have pasta rice is good, ramen noodles will work and so will toast or day old bread.
5. Remove from the heat and add the sour cream (or yogurt)
6. Mix well, taste and add more seasoning if needed

Serve the pork mix over your chosen item: Pasta, Rice, Noodles or Bread.

**BBQ Pork Sandwiches:** This recipe was designed for commodity pork, easy and tasty.

## **Ingredients**

- 1 can pork
- BBQ sauce, your choice (OR if you don't have that: ½ cup ketchup, 1 tablespoon mustard, pepper and 1 teaspoon of any hot sauce will work well)
- Hamburger buns, or bread of your choice
- dill pickle slices, optional, as desired
- cheese, optional, as desired

## **Instructions**

1. Open and drain a can of pork. Place pork in a saucepan and scrape off and discard the fat. Break the meat apart with a fork, or chop the meat first, prior to adding it to the pan.
2. Add the BBQ sauce and heat through.
3. Place on buns, or bread and serve. Add cheese or pickles if desired.

## **Crispy Pork and Rice**

This tasty Recipe can be prepared with either canned pork or canned chicken.

**Rice** is cooked separately from the Meat. Here are the instructions for cooking the rice. Note it uses either the fat from the canned pork or cooking oil.

## **Instructions - Rice**

- 2 tablespoons fat from canned pork OR cooking oil
  - 3 garlic cloves, minced
  - 1/2 medium white onion, diced/chopped
  - 1 tablespoon oregano (OPTIONAL)
  - 1 1/2 cups long grain white rice or brown rice
  - 1/2 cup broth from pork or chicken can or you can use broth from mix
  - 2 cups water
  - 1 small can (~1 1/2 cups) corn, drained
1. Set a cooking pot or saucepan on medium heat. Once hot, add oil, garlic and onions.
  2. Sauté until the onions turn brown and somewhat translucent, about 3 minutes.
  3. Add the rice and oregano, mix everything together, be sure rice is covered in the mix.
  4. Add the liquid, bring to boil, then cover and **reduce heat** to very low, cook until the liquid has been absorbed and the rice is to your desired liking, about 18 – 20 minutes.
  5. Lastly, fold in the corn and set aside.

## **Instructions for the Crispy Pork (or Chicken)**

- 1 tablespoon oil
  - 1lb canned cooked pork, drained or Substitute: canned cooked chicken
  - 1 tablespoon chili powder (or taco seasoning), salt & pepper to taste
1. Bring a nonstick skillet to high heat and once hot, add oil and pork.

2. Chop up and shred the pork (or chicken) as it cooks in the skillet using a spatula, then add the seasonings and stir.
3. Let the pork rest in the skillet for about a minute **WITHOUT** touching it, so the edges get crispy.
4. Then continue stirring and mixing with the spatula, about 3 – 4 minutes. Season to taste with sea salt & pepper, then set aside.



**Place rice in a serving bowl and top with the crispy chicken.**

This recipe is GREAT with a few pieces of canned pear alongside. You have recipe with both sweet and crispy flavors. You can season the pork or chicken with a favorite hot sauce instead of the chili powder too. OR if you prefer oriental flavors, you can substitute soy sauce or teriyaki sauce. Eliminate the taco sauce and start with 1-2 tablespoons, taste and add more as needed.

### **Pork and Cabbage Skillet**

This is a great Pennsylvania Dutch recipe.

### **Ingredients**

- 1 can of Canned Pork, drained, fat removed
- 2 tablespoons cooking oil
- 1 medium red or yellow onion, thinly sliced
- 1 head green cabbage, thinly sliced
- 3 tablespoons soy sauce
- 2 tablespoons butter, optional
- 2 tablespoons apple cider vinegar, optional

### **Instructions**

1. Add remaining tablespoon oil to the skillet, along with the red onion and cabbage. Season with salt and black pepper, to taste, and cook until the veggies become soft and slightly glossy, around 15-20 minutes.
2. While the cabbage is cooking: Season pork with salt and pepper. Heat 1 tablespoon oil in a large, high-sided skillet over medium heat. Add the pork and cook until it develops a golden crust on all sides, approximately 2-3 minutes. Remove from skillet and tent with foil
3. Once cabbage is cooked, return the pork to the skillet and sprinkle with the soy sauce. Cook until the pork is fully cooked through and the mixture develops a nice glaze, approximately 3-4 minutes.
4. \*Optional: Add 1-2 tablespoons butter and/or apple cider vinegar for added flavor. Remove from heat and serve immediately. Enjoy!

And here is quick reminder to help with measuring tools.

**Simple measuring tools.** It's pretty easy to measure using cans and spoons

- An 8 ounce can of anything (often tomato sauce) is one cup. Wash and clean any 8 ounce can and you have a one cup measure. Fill the can half way and you have  $\frac{1}{2}$  cup. Most of the individual serving applesauce cups are also  $\frac{1}{2}$  cup. When you fill the applesauce cup  $\frac{1}{2}$  way you get  $\frac{1}{4}$  cup.
- Fill the tomato sauce can a little less than half full for ingredients that call for  $\frac{1}{3}$  cup, and a little over half full will be  $\frac{2}{3}$  cup.
- A 12 ounce soup can is about 1 and  $\frac{1}{2}$  cups.
- A soup spoon is about 1 Tablespoon (not heaping full), and a regular teaspoon is about 1 teaspoon (not heaping full). There are 3 teaspoons in a tablespoon.

Recipes use directions that might sound confusing. Here are a few:

“Cream” together - often a recipe for a cookie, quick bread or cake will say “cream together” sugar and butter. Creaming is mixing until there are no lumps.

“Dice” is used to describe cutting large items into pieces around  $\frac{1}{4}$  to  $\frac{1}{2}$  inch in size. Onions are diced in many recipes

Cooking might ask you to simmer, or boil or reduce

“Simmer” – hot enough so that there are small bubbles around the edge.

“Boil” – bubbles all over. Try to keep the heat low enough that the bubbles don't escape over the sides of the pot.

“Reduce” – this means you might cook until some of the liquid evaporates.

“Flip” – just means to turn the item over.

Two seasonings to provide flavor: Lawry's Seasoned Salt or Greek Seasoning: salt, pepper, garlic and oregano in one product

Pork Chili

Pork Tacos