



Give Them More
of the
Good Stuff!

Pork Basics

Shop and Save



- ✿ Pork costs less than most other meats.
- ✿ Look for a “BEST if used by” date on the package.
- ✿ The leanest cuts of pork include tenderloin and loin or rib chops and roasts. Look for ground pork that is at least 85% lean.
- ✿ Canned pork is available ground or cubed. Open the can and lift off the fat. Try it in soups, sauces or recipes using cooked pork.

Pork is an excellent source of thiamine as well as protein.



Slice pork tenderloin into boneless chops or cubes.

Keep It Safe!

Follow these guidelines when handling meat:

- Clean:** Wash hands, utensils and surfaces often with hot soapy water.
- Separate:** Keep raw meat and juices from contacting other raw or cooked foods.
- Cook:** Cook to at least 145 degrees F (160 degrees for ground meats). Wait 3 minutes before cutting or eating.
- Chill:** Refrigerate both raw and leftover cooked meats as soon as possible.

Store Well Waste Less

- Refrigerate fresh pork and cook or freeze within 3 to 5 days. Keep tightly wrapped to prevent drying.
- Freeze raw pork for longer storage. Divide into amounts for a single use. Package in freezer-quality wrap and remove as much air as possible. Label and date. Use within 4 to 6 months for best quality.

- Refrigerate cooked pork for 3 to 4 days or freeze and use within 2 to 3 months in any recipe using cooked pork.
- Store canned pork in a cool dry place for up to 2 to 3 years. Refrigerate after opening and use within 3 to 4 days or freeze and use within 2 to 3 months.



Thaw frozen meat safely:

- ▶ Never leave meat at room temperature to thaw.
- ▶ Thaw in the refrigerator; use a container to catch any liquids. To thaw faster, cover package with cold water or microwave on defrost; cook right away.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Pork

Pork Chili

Ingredients:

- 1/2 pound lean **pork**; ground or small cubes
- 1 cup **onion**, diced
- 1 teaspoon ground **cumin**
- 2 teaspoons **chili powder**
- 1/4 teaspoon **pepper**
- 1/2 teaspoon **garlic powder**
- 1/2 teaspoon dried **oregano**
- 1 3/4 cups (15-ounce can) cooked **beans**, any type; drain and rinse canned beans
- 1 cup **corn**, frozen or canned/drained
- 2 cups **chicken broth**
- 1/4 cup (4-ounce can) diced **green chilies**

Directions:

1. In a large saucepan, brown pork with onion. Stir in cumin, chili powder, pepper, garlic powder and oregano.
2. Add beans, corn, broth and green chilies. Bring to a boil.
3. Reduce heat, cover and simmer for 15 to 20 minutes.
4. Refrigerate leftovers within 2 hours.

Makes 5 cups

Prep time: 15 minutes

Cook time: 25-30 minutes

Visit FoodHero.org for more flavorful recipes using pork.

Fried Rice with Pork

Ingredients:

- 2 Tablespoons **low-sodium soy sauce**
- 1/2 teaspoon **garlic powder**
- 1/4 teaspoon **black pepper**
- 1/2 pound lean **pork**, ground or small cubes
- 1 teaspoon **oil**
- 1/4 cup **carrot**, sliced or grated
- 1/4 cup **onion**, chopped
- 1/2 cup chopped **vegetables**, fresh, frozen or leftovers (try broccoli, celery, bell pepper, peas or snow peas)
- 2 cups cooled, **cooked rice**, white or brown

Directions:

1. Mix soy sauce, garlic powder and pepper together in a small dish. Set aside.
2. In a large skillet over medium-high heat, sauté pork in oil until just lightly browned. If using ground pork, break into crumbles as it cooks.
3. Add carrots, onion, and chosen vegetables. Sauté until tender, stirring frequently.
4. Stir in rice and seasoning mixture, breaking up any clumps of rice. Continue to heat and stir until heated through.
5. Refrigerate leftovers within 2 hours.

Notes:

- Leftover, cold rice makes a better texture than freshly cooked warm rice.
- Substitute 1 cup cooked or canned pork. Add with the vegetables.
- Mix 1/2 teaspoon sesame oil or some ginger powder with the soy sauce.
- Add sliced green onions or bite-sized pineapple (fresh, frozen, or canned).

Makes 4 cups

Prep time: 15 minutes

Cook time: 15-20 minutes



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- measure and mix ingredients.
- slice veggies on the diagonal, Asian style.
- use a long-handled spoon or spatula to stir foods safely during cooking.