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items to remove  
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# Canned Pork

## What is it?:

Canned pork is ground pork cooked in its own juices with a small amount of salt added for flavor. It is fully cooked and just needs to be reheated before eating.

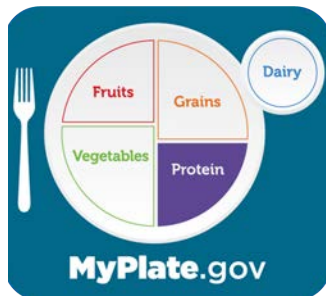


## Easy ways to use Canned Pork:

- Mix in with tomato sauce and served with whole wheat pasta.
- Use in tacos, burritos, quesadillas, or fajitas.
- Stir-fry with fresh, frozen, or canned vegetables and serve over brown rice.
- Cook in ketchup and mustard or BBQ sauce to create your own sloppy joes.

## Health Benefits:

Canned pork is a great source of protein to keep your body healthy and muscles strong.



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# Easy Pork and Cabbage Dinner

**Servings: 7**

**Serving size: 1 cup**

## Ingredients

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 12 ounces (about ½ of a 24 ounce can) pork, juices and fat removed
- 2 cloves garlic, minced
- ½ small head of cabbage, chopped
- 1 (28 ounce) can diced or crushed tomatoes
- 1 (8 ounce) can tomato sauce
- ½ cup water
- 1 teaspoon ground black pepper

## Directions

1. In a large skillet, heat oil over medium heat. Add onions and cook, stirring, until soft. Add ground pork and garlic and cook, stirring, for 1 more minute.
2. Add the cabbage, tomatoes, tomato sauce, water, and pepper and bring to a boil. Reduce to low heat.
3. Cover and simmer for 25 minutes or until cabbage is tender.



## Nutrition Facts

7 servings per container

**Serving size** 1 cup (287g)

**Amount per serving**

**Calories** 170

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 35mg 12%

**Sodium** 280mg 12%

**Total Carbohydrate** 13g 5%

Dietary Fiber 4g 14%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein** 12g

Vitamin D 0mcg 0%

Calcium 73mg 6%

Iron 1mg 6%

Potassium 565mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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