

# Recipes For A Complete Meal Using Commodity Foods\*

## Menu:

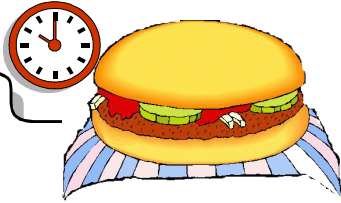
*T* 10-Minute Pork BBQ Sandwich

*T* Green Beans

*T* Scalloped Potatoes

*T* 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 (1/2-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.



To add extra flavor without adding fat or extra salt, sprinkle 1/2 teaspoon of a dried herb mixture.

## Green Beans

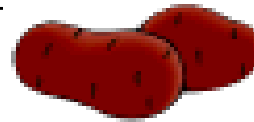
\*1 can green beans, drained      dash of pepper  
1/2 cup water      Hot pepper sauce (optional)

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 (1/2 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.

# 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.

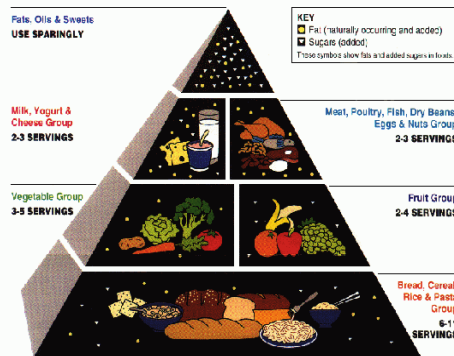
\*\* If using nonfat dry milk, use 1/3 nonfat dry milk and 2/3 water to yield 1 cup milk.

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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Gale A. Buchanan, Dean and Director

Released by Kelly Cordray, MS, RD, LD, Extension Nutrition Specialist