

Simple Weeknight Meals *with Pork*



Hearty satisfying meals
for the whole family!





Pork & Pineapple Bake



Prep time: 15 minutes



Cooking Time: 1 hour



Servings: 8

1 lb (500 g) PORK leg or sirloin steak, 1x1 inch cubes
1 cup (250 mL) pineapple chunks
1 cup (250 mL) snow peas
1/2 cup (125 mL) sliced red pepper
1 cup (250 mL) sliced red onion
1 cup (250 mL) broccoli pieces
1 cup (250 mL) carrot slices
1/2 cup (125 mL) sliced water chestnuts

1 cup (250 mL) Basmati rice
4 cloves garlic, minced
2 tbsp (25 mL) fresh grated ginger
1/2 cup (125 mL) soy sauce
1/2 cup (125 mL) packed brown sugar

**Nutrition Facts per 1 serving
(per 1/8 of recipe):** 269 calories; 16 g protein; 4 g fat (1 g saturated fat; 27 mg cholesterol); 43 g carbohydrate (3 g fibre; 18 g sugars; 13 g added sugars); 923 mg sodium; 399 mg potassium

1. Preheat oven to 400°F (204°C).

2. In a large non-stick skillet over medium-high heat brown pork cubes for 2 minutes or until all sides are browned. In a 9x11 inch glass casserole dish combine the pork, pineapple, snow peas, red pepper, red onion, broccoli, carrot, water chestnuts and rice.

3. In a large saucepan, whisk together garlic, ginger, soy sauce, brown sugar, water, cornstarch and sesame oil. Bring to a boil over medium-high heat until slightly thickened, about 2 minutes. Pour sauce over the pork and vegetables and stir until all ingredients are well combined. Cover dish in foil and bake for 1 hour or until rice is tender. Stir the casserole once after about 40 minutes. Garnish with sesame seeds.



Canadian pork producers do not use added growth hormones. Ever.



Bacon & Mushroom Casserole



Prep time: 15 minutes



Cooking Time: 1 hour



Servings: 8

1 lb (500 g) PORK sirloin, cubed
1/4 tsp (1 mL) each salt and ground pepper
1 tbsp (15 mL) butter
2 cups (500 mL) sliced mushrooms
1 cup (250 mL) onion diced
1 tbsp (15 mL) dried thyme

6 strips cooked bacon, crumbled
2 tbsp (25 mL) cornstarch
2 cups (500 mL) vegetable or beef broth
1/2 cup (125 mL) 2% milk
1 cup (250 mL) Basmati rice
Garnish with fresh thyme

Nutrition Facts per 1 serving (per 1/8 of recipe): 219 calories; 16 g protein; 7 g fat (3 g saturated fat; 40 mg cholesterol); 23 g carbohydrate (1 g fibre; 2 g sugars; 0 g added sugars); 435 mg sodium; 326 mg potassium

1. Preheat oven to 400°F (204°C). Season pork with salt and pepper. In a large non-stick skillet over medium-high heat cook pork for 2 minutes or until all sides are browned. Place in a greased 9x11 inch glass casserole dish.

Whisk cornstarch into room temperature beef broth and pour into the mushroom mixture whisking quickly. Add milk and continue to whisk. Bring sauce to a simmer and allow to thicken, about 1 minute.

2. To make the sauce, melt butter in a large saucepan over medium-high heat and add mushrooms and onion. Cook for 10 minutes, stirring occasionally. Stir in dried thyme and 4 strips of bacon crumble.

3. Pour sauce into the casserole dish along with the pork. Stir in rice until all ingredients are well combined. Cover dish in foil and bake in the oven for 1 hour or until rice is tender, stirring once after 40 minutes. Garnish with fresh thyme and remaining bacon crumble.

Time saver: Substitute canned mushroom soup for the sauce.



Pork is actually a “red meat”.



Asian Rib Roast



Prep time: 10 minutes



Cooking Time: 1 hour



Servings: 6

1- 3 lb (1.5 Kg) PORK rib roast with 6 ribs
1/4 tsp (1 mL) each salt and ground pepper
1 cup (250 mL) cubed onion
1 cup (250 mL) cubed carrot
1 cup (250 mL) quartered baby bok choy
1 cup (250 mL) cubed Chinese eggplant

1 tbsp (15 mL) fresh grated ginger
2 cloves garlic, minced
1/2 cup (125 mL) soy sauce
1/4 cup (60 mL) honey
1 tbsp (15 mL) cornstarch
1 tsp (5 mL) Sesame oil

**Nutrition Facts per 1 serving
(per 1/6 of recipe):** 367 calories; 51 g protein; 8 g fat (3 g saturated fat; 108 mg cholesterol); 23 g carbohydrate (3 g fibre; 16 g sugars; 11 g added sugars); 1377 mg sodium; 1008 mg potassium

1. Preheat oven to 325°F (160°C). In a large roasting pan, rub the pork rib roast with salt and freshly ground black pepper. Surround the roast with the onion, carrot, baby bok choy and eggplant. Bake uncovered for 40 minutes.

3. Remove roast from oven after 40 minutes, pour sauce over roast and continue cooking for an additional 20 minutes or until the internal temperature of the meat reaches 155°F (68°C). Tent with foil and let rest for 10 minutes before serving.

2. To make sauce: In a small saucepan whisk together ginger, garlic, soy sauce, honey, cornstarch and sesame oil. Bring to a boil for 1 minute, or until slightly thickened.

Tip: Use a meat thermometer when cooking pork to ensure a juicy tender product.



Pork is 44% leaner today due to improved breeding and genetics.



Pork Parmesan Pockets



Prep time: 20 minutes



Cooking Time: 15 minutes + 8 hours for slow cooker



Servings: 6

1- 3 lb (1.5 kg) PORK shoulder
1 tsp (5 mL) oregano
1/2 tsp (2 mL) minced garlic
1/2 cup (125 mL) diced onion
1/2 cup (125 mL) diced red pepper
3 cups (750 mL) pasta or pizza sauce, divided

1 cup (250 mL) grated Mozzarella cheese
1/2 cup (125 mL) grated Parmesan cheese
1 lb 5 oz (587 g) ready to use pizza dough
1 egg yolk, beaten
Parmesan cheese and chopped parsley to garnish

Nutrition Facts per 1 serving (1/6 of recipe): 467 calories; 27 g protein; 24 g fat (12 g saturated fat; 108 mg cholesterol); 34 g carbohydrate (3 g fibre; 7 g sugars; 1 g added sugars); 883 mg sodium; 540 mg potassium

1. Preheat oven to 400° F (°204C)
2. In a slow cooker add pork shoulder, oregano, garlic, onion, red pepper and 1 cup (250 mL) pizza sauce. Cook on low for 8 hours. Once pork is tender, drain the slow cooker and shred pork with two forks, removing any excess fat.
3. In a medium sized bowl, mix together 2 cups (500 mL) shredded pork, the remaining pizza sauce, mozzarella cheese and Parmesan cheese.
4. Pull 3 oz (85 g) of pizza dough into a 7" circle. Fill with 1/2 cup (125 mL) of the meat mixture, press closed with a fork and place on a parchment lined baking sheet. Repeat until all of the dough and meat mixture is used. Brush each pocket with the egg yolk and sprinkle with Parmesan cheese.
5. Bake for 20-25 minutes or until dough is lightly browned. Serve with a sprinkling of chopped parsley for garnish.

Tip: Double the recipe and freeze for lunches and on the go meals!



Fresh pork is naturally low in sodium and trans-fat free.



Pork Enchilada Roll-Ups



Prep time: 15 minutes



Cooking Time: 15 minutes



Servings: 6

1 lb (500 g) lean ground PORK
1/4 tsp (1 mL) each salt and ground pepper
2 tbsp (25 mL) chilli powder
1 tsp (5 mL) garlic powder
1 tbsp (15 mL) oregano
2 tbsp (25 mL) paprika
1 cup (250 mL) canned black beans, rinsed

1. Preheat oven to 400°F (204°C). In a non-stick skillet over medium-high heat, brown the ground pork with salt and pepper. Mix in chilli powder, garlic powder, oregano, paprika, black beans and corn. Cook for another 2 minutes.

2. In a medium sized bowl, mix together 1/2 cup (125 mL) Monterey Jack cheddar cheese, cottage cheese and salsa. In a tortilla, scoop 1/2 cup (125 mL) of the pork mixture and 2 tbsp (25 mL) of the cheese mixture. Roll up and place width wise into a greased 11X17 inch casserole dish. Repeat until all of the tortillas have been

1 cup (250 mL) canned corn, rinsed
1 1/2 cups (375 mL) shredded Monterey Jack cheese
1 cup (250 mL) Cottage Cheese
1/2 cup (125 mL) salsa
6- 7" round tortillas
1/2 cup (125 mL) sour cream

3. Sprinkle tortillas with remaining 1 cup (250 mL) Monterey jack cheddar cheese and bake uncovered in the oven for 15 minutes. Remove casserole dish from the oven and top with sour cream and green onions.

Nutrition Facts per 1 serving (per 1/8 of recipe): 366 calories; 27 g protein; 22 g fat (11 g saturated fat; 83 mg cholesterol); 15 g carbohydrate (4 g fibre; 4 g sugars; 0 g added sugars); 726 mg

Tip: Recipe can be frozen before baking for up to 3 months.



Fresh pork is an excellent source of Thiamin (Vitamin B1).



Classic Pork Sloppy Joes



Prep time: 10 minutes



Cooking Time: 10 minutes



Servings: 4

- 1 lb (500 g) lean ground PORK
- 1 cup (250 mL) diced onion
- 1/2 cup (125 mL) diced green pepper
- 1/2 cup (125 mL) Ketchup
- 1/4 cup (60 mL) packed brown sugar
- 2 cloves garlic, minced
- 2 tbsp (25 mL) chilli powder

- 1 tbsp (15 mL) Worcestershire sauce
- 1 tbsp (15 mL) soy sauce
- pinch of salt and freshly ground black pepper
- 1 cup (250 mL) baby arugula
- 4 toasted buns

Nutrition Facts per 1 serving (per 1/4 of recipe): 552 calories; 34 g protein; 25 g fat (9 g saturated fat; 105 mg cholesterol); 46 g carbohydrate (3 g fibre; 24 g sugars; 21 g added sugars); 1328 mg sodium; 781 mg potassium

1. In a large non-stick skillet over medium-high heat, break up the pork with a wooden spoon and cook until no pink remains. In the same skillet, cook onions and green peppers until soft, around 4 minutes.

2. In a medium bowl, mix together ketchup, brown sugar, garlic, chilli powder, Worcestershire sauce, soy sauce, salt and black pepper. Add sauce to the pork and cook for about 2 minutes until the mixture is heated through.

3. Spoon onto buns – top with 1/4 cup (60 mL) of baby arugula.



Canada's Food Guide recommends adult females eat 2 servings of meat and alternatives each day; adult males require 3 servings.



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- Mandatory traceability
- Responsible animal care
- All Canadian pork is raised using no added growth hormones
- Certified HACCP approved processing
- CFIA inspected, approved and certified for freshness, quality and safety

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