



Canned Pork Recipes

Sweet & Sour Pork

Ingredients

- 2 tbsp cornstarch
- 1/2 cup brown sugar
- 1/4 tsp salt
- 1/4 cup vinegar
- 1 1/2 tsp soy sauce
- 14 1/2 oz can Stoltzfus Meats pork
- 1 can 20 oz. pineapple chunks

Directions

1. Mix cornstarch, brown sugar, salt, vinegar, and soy sauce in a saucepan.
2. Drain pork and save the broth. Drain pineapple chunks and save the juice. Pour broth into a measuring cup and add enough pineapple juice to make 1 cup of liquid. Add liquid to saucepan and cook until thick.
3. Add pineapple and cook for 3 minutes. Remove from heat and add pork. Let stand for 15 minutes for flavors to blend. Return to heat and heat through.
4. Serve over fluffy rice.



10-Minute Pork BBQ

Ingredients

- 1 Tbsp vegetable oil
- 1 large onion, diced
- 2 14 1/2 oz cans Stoltzfus Meats pork
- 3/4 cup BBQ sauce

Directions

1. In a large skillet, heat vegetable oil over low heat. Add onion and cook until tender.
2. Mix in pork and BBQ sauce and cook for 5 minutes or until heated through.
3. Spoon mixture onto hamburger buns or your favorite crusty rolls.



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