



FARMERS FEEDING UTAH

Pork

Pork is the meat from hogs, or domestic swine. Pork is considered a red meat. Although pork is the number one meat consumed in the world, U.S. consumption dropped during the 1970s, largely because pork's high fat content caused health-conscious Americans to choose leaner meats. Today's hogs have much less fat due to improved genetics, breeding and feeding. Much of a hog is cured and made into ham, bacon and sausage. Uncured meat is called "fresh pork."

BEST COOKING PROCEDURES

When buying pork, look for cuts with a relatively small amount of fat over the outside and with meat that is firm and a grayish pink color. For the best flavor and tenderness, meat should have a small amount of marbling.

Pork must be adequately cooked to eliminate disease-causing parasites and bacteria that may be present. Fresh pork can be safely enjoyed when cooked to an internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures. Ground pork needs to be cooked to an internal temperature of 160 °F as measured with a food thermometer before removing from heat source.

CLASSIC USES

- One Skillet Pork Chops
- Honey Maple Pork Chops
- Tangy Pork Chops
- Easy BBQ Pulled Pork
- Tex-Mex Stuffed Peppers
- Sausage Zucchini Casserole
- Ham & Bean Soup
- Chicken Cordon Bleu Casserole
- Cabbage, Bean & Sausage Soup
- Garlic Pork Roast
- Ham & Potato Soup
- Bacon Broccoli Salad



Recipes

Cabbage, Bean, and Sausage Soup

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1-pound sausage
- 1 medium yellow onion, diced
- 3 cups cabbage, chopped
- 1 (14 oz.) can diced tomatoes
- 1 (14oz.) can Great Northern Beans, drained
- 6 cups low-sodium chicken or beef broth
- ½ teaspoon oregano
- ½ teaspoon basil
- ¼ teaspoon thyme

DIRECTIONS

- In a large pot, over medium high heat, cook and crumble the sausage. When the sausage is browned, add the onions and cook 2-3 minutes until the onions are tender.
- Use a colander to rinse fat from sausage. Place sausage back in pot.
- Add the cabbage, beans, tomatoes, broth, and spices. Stir to combine. Bring to a simmer for 5-8 minutes until the cabbage has softened.

Recipes

Garlic Pork Roast

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 3-pound pork loin
- 4 cloves garlic minced
- ½ teaspoon Kosher salt
- ½ teaspoon coarse ground black pepper
- ¼ teaspoon paprika

DIRECTIONS

- Preheat your oven to 375 degrees F.
- Add the pork loin to your baking pan.
- Coat with the garlic on top of the fat cap.
- Mix the seasonings (salt, pepper and paprika) in small bowl and rub it on the pork.
- Cook the pork for 60-75 minutes or until it has reached a temperature of 150-160 degrees.
- Remove from the oven and let rest for five minutes before serving.