



# 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

## Ham & Potato Soup

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- ¼ cup butter
- 1 onion, diced
- 1 large carrot, peeled and diced
- ½ cup celery, diced
- 3 cups potatoes, peeled and diced
- 4 cloves garlic, minced
- 1 ½ cups cooked ham, diced (add more if desired)
- ½ cup all-purpose flour
- 2 cups low sodium chicken stock (or broth)
- 2 teaspoons chicken Bouillon
- 3 cups milk, low-fat
- 1 pinch of salt, if needed (adjust to your taste)
- black pepper to taste

### DIRECTIONS

Heat the butter in pot over medium heat. Sauté the onion, carrots, celery until beginning to soften, about 4 minutes.

Add ham and potatoes, cook for minutes, then add garlic and sauté until fragrant about 1 minute.

Mix the flour through and cook for 2 minutes.

Stir in stock and bouillon, mixing all ingredients together. Increase heat and bring to a boil until potatoes are fork tender, about 10-15 minutes.

Reduce heat to medium-low, add the milk and stir over the heat until thickened, about 5 minutes.

Taste test and season with salt and pepper, if desired.

Serve.

# Recipes

## Bacon Broccoli Salad

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- 8 slices bacon, crisp & crumbled
- 5 cups broccoli florets, raw
- ¼ cup green onions, chopped
- ½ cup raisins
- ½ cup sunflower seeds
- ¼ cup sugar
- 1 tablespoon vinegar
- ½ cup light mayonnaise

### DIRECTIONS

In a small saucepan, combine sugar, mayonnaise, and vinegar; heat enough to dissolve sugar. Mix well and chill while preparing the rest of the ingredients. In a large skillet, cook eight slices of bacon until crispy. Remove from pan and place bacon on paper towels to soak up extra fat. In a large bowl, add broccoli florets, green onions, raisins, and sunflower seeds. Crumble bacon into bowl. Add chilled mayonnaise sauce. Stir until ingredients are mix well and coated with the mayonnaise sauce. Refrigerate until served.