

GROUND ALL AROUND

Easy, everyday recipes for
lean ground pork



Manitoba Pork

The logo features a stylized blue pig silhouette above the text "Manitoba Pork". The pig is drawn with a thick blue line, showing its head, back, and tail. The text "Manitoba Pork" is written in a bold, orange, sans-serif font.

Apple & Oat Pork Bites



Cut: Ground pork

Prep Time (Minutes): 20

Cook Time (Minutes): 30

Number of Servings: Makes 12 muffins

Ingredients

1 lb / 0.5 kg lean ground pork

1 cup / 250 mL quick-cooking oats

1 medium-size red apple, finely chopped

¼ cup / 50 mL finely chopped yellow onion

¼ cup / 50 mL finely chopped green bell pepper

1 whole egg or 2 egg whites, slightly beaten

¼ cup / 50 mL tomato ketchup

1 tsp / 5 mL salt

½ tsp / 2 mL EACH ground black pepper and dry mustard

Pinch ground cloves

Directions

1. Preheat oven to 375°F.
2. In large bowl, gently combine all ingredients; do not overmix.
3. Lightly grease 12-cup muffin tin pan or line muffin cups with nonstick parchment baking cups for easier cleanup. Scoop and lightly pack mixture evenly into prepared muffin cups.
4. Bake 25-30 minutes or until instant-read meat thermometer registers 160°F and tops are nicely browned.

Tip: To enhance the flavour, mix ingredients ahead of time and refrigerate 8-12 hours. Bring mixture to room temperature before baking.

Buffalo-Style Pork Meatballs



Cut: Ground pork

Prep Time (Minutes): 20

Cook Time (Minutes): 15

Number of Servings: 25-30 meatballs

Ingredients

1 lb / 0.5 kg lean ground pork

3 Tbsp / 45 mL Buffalo wing sauce, plus more for coating

1 egg, slightly beaten

1 cup / 250 mL panko breadcrumbs

⅓ cup / 80 mL finely chopped celery

4 Tbsp / 60 mL finely shredded carrot

3 Tbsp / 45 mL finely chopped yellow onion

Canola oil for frying

Directions

1. In a large bowl, gently combine ground pork with Buffalo wing sauce, egg, breadcrumbs, celery, carrot and onion; do not overmix.
2. Form mixture into 1-inch balls. Set aside.
3. In large skillet, heat 1 Tbsp oil over medium-high heat. Cook meatballs in batches, turning often until browned on all sides and cooked through, about 15 minutes. Reduce heat to medium if meatballs are browning too quickly and add more oil between batches if needed.
4. Remove meatballs from skillet to a plate lined with paper towels. Dab meatballs with additional paper towels to remove excess oil.
5. In medium bowl, toss meatballs in a small amount of additional Buffalo wing sauce. Serve immediately.

Meatloaf for One or Two



Cut: Ground pork

Prep Time (Minutes): 15

Cook Time (Minutes): 60

Number of Servings: 3-4

Ingredients

1 lb / 0.5 kg lean ground pork

¼ cup / 50 mL chili sauce (Heinz brand)

2 tsp / 10 mL Worcestershire sauce

¼ cup / 50 mL chopped fresh parsley

2 Tbsp / 30 mL chopped yellow onion

1 tsp / 5 mL dried thyme leaves

½ tsp / 2 mL salt

¼ tsp / 1 mL EACH ground cinnamon, ground black pepper and garlic powder

Pinch ground cloves

Additional chili sauce for basting

Directions

1. Preheat the oven to 350°F.
2. In large bowl, gently combine pork with remaining ingredients; do not overmix.
3. Form pork mixture into a log and place into a loaf pan. Do not press down or into corners.
4. Bake 50 minutes. Brush top of meatloaf with additional chili sauce and bake 10 minutes more or until instant-read thermometer registers 160°F.
5. Remove meatloaf from oven; let rest 5 minutes.
6. Remove meatloaf from pan and slice into ½-inch thick slices.

Tip: Recipe can easily be doubled to serve 6-8.

Savoury Sloppy Joes

Cut: Ground pork

Prep Time (Minutes): 15

Cook Time (Minutes): 20

Number of Servings: 4-6

Ingredients

1 tsp / 5 mL canola oil
1 ¼ lb / 0.625 kg lean ground pork
1 cup / 250 mL chopped yellow onion
2 ribs celery, chopped
1 clove garlic, minced
1-24 oz / 680 mL can thick pasta sauce
2 Tbsp / 30 mL honey
2 tsp / 10 mL red wine vinegar
1 tsp / 5 mL Worcestershire sauce
1 tsp + ½ tsp / 7 mL dried oregano leaves
1 large green bell pepper, seeded and diced
Salt and ground black pepper to taste
4-6 crusty buns, sliced



Directions

1. In large sauté pan, heat oil over medium-high heat.
2. Sauté ground pork until thoroughly cooked and no pink remains, breaking up larger pieces with spatula, about 10 minutes.
3. Add onion, celery and garlic to pan. Cook 2-3 minutes more, stirring often.
4. Add remaining ingredients, except bell pepper; stir to combine, while bringing mixture to a gentle boil.
5. Add bell pepper. Stir to combine.
6. Reduce heat to low; cover and simmer until vegetables are tender, about 10 minutes.
7. Season with salt and pepper according to taste.
8. Serve meat sauce over sliced crusty buns.

Tip: 3 Tbsp / 45 mL packed brown sugar may be substituted for the honey.

Mexicali Pork Soup



Cut: Ground pork

Prep Time (Minutes): 15

Cook Time (Minutes): 35

Number of Servings: 6-8

Ingredients

1 Tbsp / 15 mL canola oil

1 cup / 250 mL chopped yellow onion

1 lb / 0.5 kg lean ground pork

1-19 oz / 540 mL can black beans, drained and rinsed

1-12 oz / 341 mL can whole kernel corn, undrained

1-19 oz / 540 mL can diced tomatoes, undrained

2-4.5 oz / 127 mL cans chopped green chilies, mild

1 ½ cups / 375 mL beef broth

1 cup / 250 mL water

1 tsp / 5 mL ground cumin

2 tsp / 10 mL chili powder

Chopped fresh cilantro for garnish

Directions

1. In large Dutch oven, heat oil over medium-high heat.
2. Add onion and sauté 2 minutes.
3. Add pork and thoroughly cook until no pink remains, breaking up larger pieces with a spatula, about 10 minutes.
4. Once most of the cooking liquid has evaporated, add remaining ingredients. Stir to combine.
5. Bring mixture to a boil. Reduce heat, cover and simmer, about 15 minutes.
6. Ladle soup into individual bowls and garnish with chopped cilantro.

Easy Shepherd's Pie

Cut: Ground pork

Prep Time (Minutes): 30

Cook Time (Minutes): 35

Number of Servings: 4-6

Ingredients

Pork:

1 Tbsp / 15 mL canola oil
1 cup / 250 mL chopped yellow onion
2 cloves garlic, minced
1 lb / 0.5 kg lean ground pork
1-10 oz / 284 mL can sodium-reduced beef broth
2 Tbsp / 30 mL tomato paste
2 Tbsp / 30 mL chopped fresh parsley
1 tsp / 5 mL chopped fresh thyme
2 cups / 500 mL mixed frozen vegetables
Salt and ground black pepper to taste
Chopped fresh parsley for garnish



Potato Topping:

2 large russet potatoes, peeled and cut into 2-inch pieces
3 Tbsp / 45 mL butter
½ cup / 125 mL milk
Salt to taste

Directions

1. In large skillet, heat oil over medium-high heat.
2. Add onion, garlic and ground pork. Thoroughly cook pork until no pink remains, breaking up larger pieces with a spatula, about 15 minutes. Drain cooking liquid if needed.
3. Add broth, tomato paste, parsley, thyme and frozen vegetables. Mix well. Simmer until juices thicken, about 10 minutes.
4. Spoon mixture into lightly greased 1 ½ quart casserole.
5. Cook potatoes in large pot of boiling water until tender. Drain.
6. Mash with butter, milk and salt.
7. Spread potato topping on top of pork mixture.
8. Preheat oven to 375°F. Bake 30-35 minutes or until potato topping starts to brown.
9. Garnish with additional parsley.

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