

Pork Strips/Orange Rice

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure

Directions

1. Place pork in large stock pot or steam jacketed kettle. Sprinkle with garlic powder.
2. Cook uncovered, until meat thermometer reaches 160 degrees F. Stir occasionally. Drain and discard excess fat.
3. Place rice, water, and salt in a 12" x 20" x 4" steam table pan. Steam approximately 20 minutes or until tender.
4. Cook frozen mixed vegetables according to package directions.
5. Combine cooked pork, cooked rice, and frozen vegetables.
6. Add ground ginger and orange juice concentrate. Stir to combine and cook for 10 minutes until thoroughly heated.

Source: National Pork Producers Council

Nutrition Information

Nutrients	Amount
Calories	309
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	49 mg
Sodium	89 mg
Total Carbohydrate	37 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	21 g
Vitamin D	N/A
Calcium	395 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	
Meal Components	
Vegetables	1/4 cup
Meat / Meat Alternate	2 ounces