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Pork today is very lean and shouldn't be overcooked. To help ensure use a digital cooking thermometer. Cook pork roasts, tenderloins, and chops to an internal temperature of 145 degrees F. followed by a 3 minute rest time, which results in a flavorful tender and juicy eating experience.

Ground pork, like all lean meat, should be cooked to 160 degrees F. Five-eighths to 1 inch thick for roasting and 1/2–3/4 inch for other cuts. 

**Ground Pork Patties**

**½ inch**  
Tender  
8–10 minutes total time

**Ground Pork Patties**

**½–inch**  
160°  
8–10 minutes total time

**Roast at 350° F., OR**  
Barbecuing

**4–5 inches from heat**

**Smoked Italian Crusted Pork Roast**  
Rub pork roast with oil, then garlic. Sprinkle with basil and oregano. Place roast in large, resealable plastic bag; close to seal. Refrigerate for 2 hours or overnight.

**Drain wood chips. In a covered charcoal grill, prepare a medium-hot fire. Bank coals on both sides of grill. Place drip pan**

**seal.** Refrigerate for 2 hours or overnight.

**Transfer pork roast to cutting board. Loosely cover with foil; let rest for 5 to 10 minutes before slicing. Serves 14

**Nutrition Facts (based on 6 servings)**

Calories 330, Protein 22g, Fat 14g, Sodium 750mg, Cholesterol 75mg, Saturated Fat 6g, Carbohydrates 26g, Fiber 1g

**Nutritional Information**

1. **Orange Bell Pepper Pulled Pork**

   3 pounds pork shoulder blade boneless (Boston roast)

   **Marinate**

   1 cup finely chopped red bell pepper  
   2 1/2 cups barbecue sauce  
   6 tablespoons olive oil

   **Cut pork shoulder in half lengthwise.** Place pork halves in a large, resealable plastic bag. Add bell pepper and barbecue sauce; pour oil over top. Seal bag and refrigerate overnight.

   **Cook**

   Remove pork from bag. Drain oil from bottom of bag. Place pork halves and marinade in a large stockpot. Bring to a boil over high heat. Reduce heat; cover and simmer 2 1/2 hours or until tender. Remove from water and cool slightly.

   **Melt butter in a large skillet over medium heat. Cook onion**

   **Simmer 10 minutes. Add pork to barbecue sauce and simmer 2 1/2 hours or until tender, stirring frequently. Add barbecue pork, return to a boil; reduce heat, cover and simmer 2 1/2 hours or until tender. Remove from heat.**

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For more recipe ideas, visit

**www.PorkBeInspired.com**
"Holy Mole" Stuffed Loin
1 boneless pork loin (1 1/2 to 2 lbs.)
2 tablespoons mole sauce (Dorina Maria™ Male recommended)
2 tablespoons honey
1/2 package (1 3/4 oz.) prepared taco seasoning mix
Cotton string

Slice loin lengthwise about 1 inch from outside edge, cut again lengthwise every inch toward the center to flatten out loin. (It will be uneven.) In medium bowl, stir together mole sauce and honey. Spread over center section of loin. Roll up (like jelly roll); tie with cotton string around the middle. Place on rack in broiler pan; broil 8 inches from heat source for 15 minutes. Cut into 1/2-inch slices. Serves 8

Fig and Rice Stuffed Pork Loin
1 4 lb. boneless loin pork roast
1/2 cup sliced almonds, (about 2 oz.) chopped
1/4 cup water
1/4 cup brown sugar
1 cup cooked wild rice
1 pint fig preserves

Heat oven to 350 degrees F. Butterfly pork loin by cutting through roast horizontally to within 1/4 inch of the other side. Do not cut all the way through. Lay out flat on a large sheet of heavy-gauge aluminum foil and place on a baking sheet.

Heat a medium skillet over medium-high heat until hot. Add almonds and cook 2 to 3 minutes or until beginning to brown. Remove from heat, add the white rice, wild rice and 1/2 of the fig preserves to the almonds and stir to blend. Spread the mixture on the pork loin up to 1 inch from the edges. Starting from the narrow end and roll up jelly-roll style so that the stuffing is in a spiral pattern. Wrap tightly with the foil and seal edges securely.

Bake 2 hours and 10 minutes or until meat probe registers 145 degrees F. Unwrap foil, spoon remaining fig preserves over pork and cook, uncovered, 25 minutes or until it reaches 146 degrees F. Place on cutting board and let stand 10 minutes before slicing. Serves 12

Nutrition Facts
Calories 485, Protein 34g, Fat 20g, Sodium 230mg, Cholesterol 118mg

Stuffed and Pork Roast
3 pounds boneless single loin pork roast
1/2 teaspoon salt
1/4 teaspoon pepper
3 tablespoons brown sugar
3/4 cup cranberry sauce
2/3 cup sugar
1 6-oz. can jellied cranberry sauce
3 1/2 to 4 pounds boneless pork shoulder roast (butt)
2 tablespoons Dijon-style mustard
1/2 cup water
1/4 cup packed brown sugar
1 cup water
1/4 cup packed brown sugar
1 cup water
1/4 cup packed brown sugar
1 cup water
1/4 cup packed brown sugar

Cover slow cooker and cook on low for 6 to 8 hours or until pork roast tender. Serves 12

Nutrition Facts
Calories 312, Protein 36g, Fat 8g, Sodium 421mg, Cholesterol 100mg

Pork Roast
Spiced-Cranberry
Pork Roast
3 1/2 to 4 pounds boneless pork shoulder roast (butt)
1 1/2 teaspoons garlic powder
1 cup water
1/4 cup packed brown sugar
1/4 cup packed brown sugar
1/4 cup packed brown sugar
1/4 cup packed brown sugar

Cover slow cooker and cook on low for 6 to 8 hours or until pork roast tender is 145 degrees F. Uncover and let it cook on high for 1 hour and 15 minutes. Serves 12

Nutrition Facts
Calories 420, Protein 35g, Fat 11g, Sodium 260mg, Cholesterol 95mg

Louise's Pineapple Pork Roast
1 boneless pork loin (about 3 lbs.)
1 tablespoon crushed pineapple, packed
1/2 cup water
1/4 cup packed brown sugar
1/4 cup packed brown sugar
1/4 cup packed brown sugar
1/4 cup packed brown sugar

Cover slow cooker and cook on low for 6 to 8 hours or until pork roast tender is 145 degrees F. Uncover and let it cook on high for 1 hour and 15 minutes. Serves 12

Nutrition Facts
Calories 338, Protein 35g, Fat 12g, Sodium 814mg, Cholesterol 48mg

5-Minute Crock-PotTM Burritos
2 cups salsa or chunky salsa
1 cup shredded cheese
Joy Taylor of Elgin
1 1/2 cups fresh cilantro leaves
3 cups prepared chunky salsa, divided
10 -12 flour or corn tortillas

Spoon pork mixture onto center of each tortilla; top with additional salsa, cheese and cilantro. Broil 1 minute or until cheese is bubbly. Roll up into a burrito to eat. Serve with black beans and Spanish rice. Serves 8 to 10

Nutrition Facts (based on 10 servings)
Calories 232 Protein 8g, Fat 9g, Sodium 219g, Carbohydrates 24g Fiber 2g

Arkansas has over 600,000 acres of lakes and rivers. It is the home of the famous Arkansas Black pig, the state pig of Arkansas. In 1980, the Arkansas Black Pig was named the state pig of Arkansas. Since then, the Arkansas Black Pig has become a popular breed in the United States. It is known for its docile nature and good temperament.

Pork Roast
Saturated Fat 2g, Carbohydrates 9g, Fiber 0.9g

Nutrition Facts
Calories 150, Protein 26g, Fat 6g, Sodium 60mg, Carbohydrates 17g Fiber 2g