



Pork Loin With Rice and Gravy

Tender pieces of pork, brown rice, and cream of mushroom soup come together to form a flavorful dish kids will enjoy.

Ages: 6–18 years

Makes: 6 servings

Prep time: 50 minutes

Cook time: 25 minutes

the INGREDIENTS

- 1 ½ cups** brown rice, instant, uncooked
- 1 ½ cups** water
- 2 Tbsp** onions, dehydrated, chopped (minced onions)
- 1 lb 13 oz** pork loin roast, fresh or frozen, thawed without bone, practically free-of-fat, cut into ¼" cubes
- 1 ½ tsp** onion and herb salt-free seasoning
- ½ cup** milk, low-fat (1%)
- 1 cup** cream of mushroom soup, condensed, reduced-fat

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a small microwave-safe bowl, combine rice, dehydrated onion, and water. Cover. Place in the microwave for 6 minutes or until rice is tender. Remove from the microwave. Fluff with a fork. Allow rice to cool for 5 minutes.
3. In a medium bowl, combine pork cubes and onion and herb seasoning. Mix.
4. Heat a medium nonstick sauté pan on medium-high heat. Add seasoned pork cubes. Sauté until golden brown, about 10 minutes. Heat to an internal temperature of 165 °F for at least 15 seconds. Wash hands after touching uncooked pork.
5. In a small bowl, combine milk and condensed soup. Whisk until well-blended.
6. Add mixture to sauté pan. Bring to a simmer for 3 minutes.
7. Add cooked rice to sauté pan. Cook for 2–3 minutes. Stir frequently. Heat to 140 °F or higher for at least 15 seconds. Remove from heat.
8. Serve 1 cup. Serve immediately, or keep warm at 140 °F or higher.

the NUTRITION INFORMATION

1 cup Pork Loin With Rice and Gravy

Nutrients	Amount
Calories	321

Total Fat	11 g
Saturated Fat	3 g
Cholesterol	72 mg
Sodium	254 mg
Total Carbohydrate	27 g
Dietary Fiber	3 g
Total Sugars	2 g
Includes Added Sugars	N/A
Protein	27 g


Vitamin D	N/A
Calcium	42 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available


Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

3 oz eq meat
 1 oz eq grains 

the CHEF TIPS

- Contains milk (milk and soup).
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.