



Sweet and Sour Pork

USDA Recipe for CACFP

Sweet and Sour Pork combines lean pork, fresh vegetables, pineapple, and soy sauce to create an Asian inspired flavor.

CACFP CREDITING INFORMATION

3/4 cup (6 fl oz spoodle) provides 2 oz equivalent meat, 1/8 cup vegetable, and 1/8 cup fruit.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		1/4 cup		1/2 cup	1 Heat oil in a large stock pot.
Raw boneless pork loin, lean, 1/2" cubes	5 lb	2 qt 3 cups	10 lb	1 gal 1 qt 2 cups	
Garlic powder		2 Tbsp	2 1/2 oz	1/4 cup	2 Add pork and spices. Cook uncovered over medium-high heat for 5-7 minutes or until brown. Set aside for step 6.
Ground ginger		2 Tbsp		1/4 cup	
Onion powder		2 Tbsp		1/4 cup	
White pepper		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-sodium chicken broth		1 qt 2 cups		3 qt	3 In a medium stock pot add chicken broth, vinegar, brown sugar, soy sauce, and ketchup. Simmer uncovered over medium heat for 20 minutes.
Rice vinegar		1 cup		2 cups	
Brown sugar	4 oz	½ cup	8 oz	1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ketchup	8 oz	¾ cup	1 lb	1½ cups	
Pineapple juice, 100% juice		2½ cups		1 qt 1 cup	4 Combine pineapple juice and cornstarch in a small bowl. Stir well. Add to stock pot. Simmer uncovered over medium heat for 15 minutes or until sauce has thickened.
Cornstarch	3 oz	⅔ cup	6 oz	1⅓ cups	
* Fresh green bell peppers, chopped	6 oz	1⅛ cups	12 oz	2¼ cups	5 Add bell peppers and celery. Simmer uncovered for 8 minutes or until vegetables are tender.
* Fresh red bell peppers, chopped	8 oz	1½ cups	1 lb	3 cups	
* Fresh celery, diced	6 oz	1 cup 2 Tbsp 2¼ tsp	12 oz	2¼ cups 1 Tbsp 1½ tsp	
* Fresh carrots, shredded	8 oz	2¼ cups 3 Tbsp	1 lb	1 qt ¾ cup 2 Tbsp	6 Add carrots, pineapples, and pork. Simmer uncovered over medium heat for 8–10 minutes or until heated through.
Canned pineapple tidbits in 100% juice, drained	1 lb 11 oz	3 cups 2 Tbsp 1½ tsp (¼ No. 10 can)	3 lb 6 oz	1 qt 2¼ cups 1 Tbsp (½ No. 10 can)	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>7 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>8 Transfer 1 gal 1 qt 3 cups (about 12 lb 11 oz) sweet and sour pork to a steam table pan (12" x 20" x 2½").</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>9 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>10 Portion with 6 fl oz spoodle (¾ cup).</p>



NUTRITION INFORMATION

For ¾ cup (6 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	201
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	34 mg
Sodium	405 mg
Total Carbohydrate	22 g
Dietary Fiber	1 g
Total Sugars	16 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	17 IU
Calcium	22 mg
Iron	1 mg
Potassium	292 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Green bell peppers	8 oz	1 lb
Red bell peppers	10 oz	1 lb 4 oz
Celery	8 oz	1 lb
Carrots	8 oz	1 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 12 lb 11 oz About 1 gal 2 qt 1 1/3 cups/1 steam table pan (12" x 20" x 2 1/2")	About 25 lb 6 oz About 3 gal 2 3/4 cups/2 steam table pans (12" x 20" x 2 1/2")

