



MyPantry

includes protein

Pork Curry with Garbanzo Beans

(Serves 4)

Ingredients:

- 1 can (24 oz.) pork with juice*
- 1 cup tomato sauce (substitute with ½ cup ketchup mixed with ½ cup water)
- 1 tbsp. fresh ginger (substitute with 1 tsp. of ginger powder)
- 1 tbsp. chopped garlic
- 1 onion, diced
- 2 tbsp. yellow curry powder
- 1 can (15.5 oz.) low-sodium garbanzo beans, drained*
- 1 tbsp. vegetable oil

Directions:

1. In large frying pan on medium heat, add vegetable oil, garlic, ginger, and onions. Sauté for 3 minutes.
2. Add curry powder and tomato sauce. Cook for an additional 1 minute, stirring until everything is well combined.
3. Add can of pork meat, including the juice, into pan. Cook on low heat until pork is heated through (about 5-6 minutes).
4. Add garbanzo beans and cook for 1 minute. Remove from heat.

Chef's Note: Serve over some rice with a garnish of cilantro for a more complete plate.



* Items typically found in food pantries

Nutrition Facts

Serving Size		1 Serving
Amount Per Serving		381
Calories		
% Daily Values*		
Total Fat	19.3g	25%
Saturated Fat	6.7g	33%
Trans Fat	0g	
Polyunsaturated Fat	2.7g	
Monounsaturated Fat	1.3g	
Cholesterol	80mg	27%
Sodium	483mg	21%
Total Carbohydrate	27.0g	10%
Dietary Fiber	8.6g	31%
Sugars	3.9g	
Includes 0g Added Sugars		0%
Protein	26.6g	
Vitamin D	-	
Calcium	30mg	2%
Iron	2.51mg	14%
Potassium	560mg	12%
Vitamin A	12mcg	1%
Vitamin C	10mg	11%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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MyPlate Food Groups Per Serving:

P 1 cup Protein

V 1 1/4 cup Vegetables

Recipe created by Chef Quan Hoang, who serves as the Washington State Executive Mansion Chef.



Washington
State Department of
Agriculture



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