

Hot Pork Sandwich

Yield: 24 servings

Ingredients	Measure		Nutrition per Serving (without gravy)	
	24			
Water	1 quart		Calories	330
Med-Diet® Low Sodium Beef Soup Base	2 oz (1/3 cup)		Total Fat g	10
Shredded cooked lean pork roast	4½ lb (9 cups)		Saturated Fat g	3.5
Low-sodium sandwich rolls (2 oz each), split	24		Cholesterol mg	70
Med-Diet® Low Sodium Pork Gravy Mix	as desired		Sodium mg	160
			Carbohydrate g	30
			Fiber g	1
			Sugar g	2
			Protein g	28

Preparation

1. In large pan, whisk together 1 quart water and the soup base until blended. Add pork. Cook over low heat until pork is heated thoroughly.
2. Meanwhile, in separate saucepan, whisk together cold water and gravy mix according to package directions until blended. Cook until thickened and 165°F.
3. With slotted spoon, transfer 3 oz pork to each roll. Serve gravy portioned alongside each sandwich.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Beef Soup Base	6 – 16 oz	42 gal	2192474
Med-Diet® Low Sodium Pork Gravy Mix	6 – 14 oz	6 gal	7711956