

Pork to Sloppy Joes

Watch the video featuring a real farm family in Manitoba and then try the recipe below using one or more ingredients found on their farm.

Videos courtesy of [Great Tastes of Manitoba](#) | Recipe courtesy of [Manitoba Pork](#)



Manitoba Farmers Care About Community

Notre Dame de Lourdes is a small community in the Pembina Hills region of Manitoba. Like many small towns, Notre Dame is always looking for ways to grow their population and retain their young people. That's what prompted a group of community-minded farmers, neighbours, and investors to join together and start a hog farm. We were thrilled to meet Rick, Johnny & many others at a 25th anniversary celebration in June. It was evident that this farm has grown, not only because the people who raise the animals care deeply about what they are doing, but because they have made a positive impact on their community.

<https://youtu.be/Wvlaj-oQnYg>



WHAT IS ANIMAL WELFARE? Animal welfare is the humane treatment of animals. This includes the health and mental well-being of animals in our care. Farmers and ranchers are responsible for considering all aspects of their animals' well-being. These considerations include proper housing, management, nutrition, disease prevention and veterinary treatment, behavioural and social requirements, and humane handling.

LEARN MORE:

[snapAG: Intensive Livestock Operations](#)

[snapAG: Pig Housing](#)

[snapAG: Farm Animals](#)

[Manitoba Pork](#)

Savoury Sloppy Joes

Ingredients

- 1 tsp canola oil
- 1 ¼ lb lean ground pork
- 1 cup chopped yellow onion
- 2 ribs celery, chopped
- 1 clove garlic, minced
- 1-24 oz can thick pasta sauce
- 2 Tbsp BeeMaid Honey
- 2 tsp red wine vinegar
- 1 tsp Worcestershire sauce
- 1 ½ tsp dried oregano leaves
- 1 large green bell pepper, seeded and chopped
- Salt and ground black pepper to taste
- 4-6 crusty buns, sliced

Method

1. In large sauté pan, heat oil over medium-high heat.
2. Sauté ground pork until thoroughly cooked and no pink remains, breaking up larger pieces with spatula, about 10 minutes.
3. Add onion, celery and garlic to skillet. Cook 2-3 minutes more, stirring often.
4. Stir in pasta sauce, honey, vinegar, Worcestershire sauce and oregano.
5. Add bell pepper; stir to combine while bringing mixture to a gentle boil.
6. Reduce heat to low; cover and simmer until vegetables are tender, about 10 minutes.
7. Season with salt and pepper according to taste.
8. Serve over sliced crusty buns.



<https://youtu.be/eX6uZv2QHCO>

Servings **4-6** | Total time **35 minutes**

Grown by Manitoba Farmers

Tip: 3 Tbsp packed brown sugar may be substituted for the honey.