



CONVIVIUM
URBAN FARMSTEAD

THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING

The recipe is provided below if you would like to recreate the meal.

Reheating Instructions:

If reheating the entire casserole, place in the oven at 375 degrees F for 30-35 minutes or until it is 165 degrees in the center.

It can also be portioned out cold and then reheated in the microwave as individual portions.

DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.

Teriyaki Pork & Rice Casserole

****Ingredients subject to change based on availability.**

2 cups uncooked minute rice

2 cups water

¾-1 lb pork loin, baked & diced into bite-sized pieces

1 cup chopped broccoli

2/3 cup shredded carrots

2/3 cup green peas

2/3 cup diced onion

Sauce:

¾ cup low-sodium soy sauce

½ cup water

¼ cup brown sugar

½ tsp. ground ginger

¼ tsp. garlic powder

2 T. cornstarch + 2 T. water

****Could substitute 1 ¼ C. bottled teriyaki sauce.**

INSTRUCTIONS

1. Preheat oven to 375 degrees F. Then, spray a large casserole dish with nonstick cooking spray.
2. Bake the pork tenderloin according to package directions. Cool and dice into bite sized pieces.
3. In a small bowl, mix together the following sauce ingredients: soy sauce, water, brown sugar, ginger, and garlic powder. Bring to a boil in a saucepan. Mix 2 T. cornstarch and 2 T. water in a small bowl. Slowly add to saucepan while stirring. Stir one minute. Remove from heat.
4. In the casserole pan, pour the rice evenly on the bottom. Layer the pork, broccoli, carrots, green peas, and bell pepper. Top with water and homemade sauce (or 1 ¼ cups bottled teriyaki sauce).
5. Mix together everything in the casserole dish so that it's evenly spread out and all ingredients are submerged in liquid.
6. Cover and bake for 45-50 minutes, or until rice is fully cooked (165°F).
7. Remove cover and let cool for 5-10 minutes before serving. Enjoy!

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