

Slow Cooker Smothered Pork Chops

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Servings: 6

3 pounds bone-in center-cut pork chops
2 teaspoons Creole seasoning
1 can Golden Mushroom soup
1/2 cup beer
1/4 cup flour
2 tablespoons Dijon-style mustard
1 tablespoon packed brown sugar
3 cups sliced mushrooms
1 cup onion, sliced

Slow Cooker: 6 hours

Season the pork to taste. Then sprinkle with Creole seasoning.

In the bowl of a six-quart slow cooker, mix the soup, beer, flour, mustard and brown sugar. Stir well.

Add the mushrooms, onion and pork.

Cover and cook on LOW for six to seven hours or until the pork is done.

Serve over hot, cooked rice if desired.

Per Serving (excluding unknown items): 61 Calories; 1g Fat (7.8% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 138mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.