

## **Cajun Pork & Beans**

Family Circle Magazine - September 2011

**1 tablespoon olive oil**  
**4 8-ounce bone-in center-cut pork chops**  
**1 teaspoon cajun seasoning**  
**1 onion, chopped**  
**1 green pepper, chopped**  
**1 can (15 oz) black beans, drained and rinsed**  
**1 can Mexicorn, drained**  
**2 tablespoons cilantro, chopped**  
**1/2 teaspoon cajun seasoning**

Heat the olive oil in a large nonstick skillet.

Rub the pork chops with one teaspoon of the cajun seasoning.

Cook the pork chops for 4 minutes. Turn chops. Cook an additional 4 minutes. Remove the chops to a plate.

Add the onion and green pepper to the skillet. Cook for 8 minutes.

Stir in the black beans, the Mexicorn, cilantro and 1/2 teaspoon of the cajun seasoning.

Return the chops to the skillet and cook for 3 additional minutes.

Serve hot.

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Per Serving (excluding unknown items): 878 Calories; 17g Fat (16.9% calories from fat); 46g Protein; 143g Carbohydrate; 35g Dietary Fiber; 0mg Cholesterol; 346mg Sodium. Exchanges: 8 Grain(Starch); 2 1/2 Lean Meat; 3 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.