

Creamy Onion Pork Chops

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Servings: 6

Preparation Time: 10 minutes

Cook time: 8 hours

6 (8-ounce ea) bone-in pork loin chops

1/4 teaspoon pepper

1/8 teaspoon salt

1 1/4 cups 2% milk

1 can (10 3/4 oz) condensed cream of onion soup, undiluted

1 can (10 3/4 oz) reduced-fat, reduced-sodium condensed cream of mushroom soup, undiluted

2/3 cup white wine or chicken broth

1 envelope ranch salad dressing mix

3 tablespoons cornstarch

2 tablespoons water

fresh parsley (optional), minced

Sprinkle the chops with pepper and salt. Transfer to a four quart slow cooker.

In a large bowl, combine the milk, soups, wine and dressing mix. Pour over the pork.

Cover and cook on LOW for 8 to 10 hours or until the pork is tender.

Remove the pork to a serving platter and keep warm.

Skim the fat from the cooking juices and transfer to a large saucepan. Bring the liquid to a boil.

Combine the cornstarch and water until smooth. Gradually stir into the pan.

Bring to a boil. Cook and stir for 2 minutes or until thickened.

Serve with the pork and sprinkle with parsley, if desired.

Per Serving (excluding unknown items): 78 Calories; 3g Fat (31.9% calories from fat); 3g Protein; 10g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 386mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat.