

Pork

Creamy Pork Chop Casserole

Taste of Home One-Dish Meals

Servings: 2

1/4 cup reduced-sodium teriyaki sauce
2 8-ounce bone-in pork loin chops , 1/2-inch thick
1 can (10 3/4 oz) condensed cream of mushroom soup, undiluted
1 cup frozen peas and carrots
3/4 cup water
1/2 small sweet red pepper, chopped
1/3 cup long grain rice, uncooked
1 teaspoon dried minced onion
1/8 teaspoon pepper
1/4 cup Mexican cheese blend, shredded

Preheat oven to 350 degrees.

Place teriyaki sauce in a large resealable plastic bag; add pork chops. Seal bag and turn to coat; refrigerate for at least 1 hour.

In a large bowl, combine the soup, peas and carrots, water, red pepper, rice, onion and pepper. Transfer to an 11x9-inch baking dish coated with cooking spray.

Drain and discard marinade. Place pork chops over rice mixture.

Cover and bake for 40 minutes.

Uncover; sprinkle with cheese. Bake 15 to 20 minutes longer or until a meat thermometer reaches 160 degrees and cheese is melted.

Per Serving (excluding unknown items): 203 Calories; 12g Fat (50.6% calories from fat); 5g Protein; 21g Carbohydrate; 4g Dietary Fiber; 2mg Cholesterol; 1294mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 2 1/2 Fat.