

# Dill Pork Chops

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

**Servings: 4**

*4 loin pork chops  
salt (to taste)  
pepper (to taste)  
flour  
1 tablespoon shortening or  
salad oil  
2 teaspoons Worcestershire  
sauce  
2 onions, cut fine  
1/2 cup water  
4 heaping tablespoon dill  
pickle, finely chopped*

Season the loin chops with salt and pepper to taste. Roll in flour.

In a skillet over medium heat, brown the chops well on both sides in the shortening. Add the Worcestershire sauce, onions, and water to the skillet. Cover and simmer for 45 minutes until the chops are tender. Turn them once after 20 minutes.

When the chops are done, drain off any excess fat. Place a heaping tablespoon of the dill pickle on top of each chop. Spoon some of the meat juice over the chops. Simmer for a few minutes and serve.

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Per Serving (excluding unknown items): 35 Calories; trace Fat (4.9% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 860mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Other Carbohydrates.