

# Gumbo Pork Chops

*Alice Christensen - Dayton's Southdale*

*1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores*

*Servings: 6*

*6 pork chops, 3/4 inch thick*

*6 teaspoons prepared mustard*

*1 can (10-3/4 ounce) chicken gumbo soup*

*Preheat the oven to 350 degrees.*

*Trim the fat from the chops.*

*Spray a non-stick pan with a vegetable oil cooking spray. Heat the pan over medium-high heat. Brown the chops on both sides. Place the chops in a 9x13x2-inch baking dish. Spread one teaspoon of mustard over each pork chop to cover. Pour the soup over all.*

*Bake, uncovered, about one hour.*

*Pork*

*Per Serving (excluding unknown items): 235 Calories; 15g Fat (58.7% calories from fat); 23g Protein; trace Carbohydrate; 1 Cholesterol; 121mg Sodium. Exchanges: 3 1/2 Lean Meat; 1 Fat; 0 Other Carbohydrates.*