
Mile High Pork Chop Casserole

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 4

4` pork chops
2 tablespoons oil
1 cup whole grain rice
1 tomato, sliced
1 green pepper, sliced
1 onion, sliced
1 can consomme'
salt (to taste)
pepper (to taste)

Season the pork chops with salt and pepper.

In a skillet with two tablespoons of oil, brown the pork chops on both sides.

Sprinkle rice on the bottom of a casserole dish. Lay the pork chops on the top of the rice. Place a slice of onion, green pepper and tomato on each pork chop. Pour the consomme' over all.

Bake at 350 degrees, covered, for 1-1/2 hours or until the pork chops are tender and the rice has absorbed all of the moisture.

Pork

Per Serving (excluding unknown items): 317 Calories; 22g Fat (62.2% calories from fat); 24g Protein; 6g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 63mg Sodium. Exchanges: 3 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat.