

Pork Chop Casserole

Mrs Benton Satterfield

St Timothy's - Hale Schools - Raleigh, NC - 1976

*pork chops
shortening
mushrooms
green pepper slices
tomato wedges, fresh
salt
pepper
minced garlic
1/2 cup sherry
rice*

In a skillet, brown the pork chops in shortening.
Remove the chops from the pan.

In the same pan, saute' the mushrooms and
green pepper slices.

Return the pork chops to the skillet. Lay a pork
chop on top of each pepper ring. Then lay a
fresh tomato wedge on each chop. Add salt,
pepper and garlic on the top. Pour 1/2 cup of
sherry into the skillet, a little over each chop.

Simmer for one hour.

Cook rice according to package directions in
another pan.

Serve the chops and rice together.

Per Serving (excluding unknown
items): 165 Calories; 0g Fat (0.0%
calories from fat); trace Protein; 9g
Carbohydrate; 0g Dietary Fiber;
0mg Cholesterol; 7mg Sodium.
Exchanges: .