

Pork Chop Supreme

Nina Denny - Rancho palos Verdes, CA
Treasure Classics - National LP Gas Association - 1985

Servings: 6

*6 to 8 pork chops
salt
pepper
1/2 stick margarine
1 chopped onion
1 green pepper, chopped
1 cup regular rice
1 1/2 cups boiling water
1 teaspoon salt
1 teaspoon sugar
1 can (16 ounce) tomatoes,
cut up
1 bay leaf, crushed*

Preparation Time: 20 minutes**Bake Time: 1 hour**

In a skillet, brown the pork chops. Salt and pepper. Remove from the skillet and set aside.

Mix the margarine, onion, green pepper, and rice in the skillet. Saute' until the onion is tender.

In a bowl, stir together the boiling water, salt, sugar, tomatoes and bay leaf. Add the tomato mixture to the vegetable mixture in the skillet. Pour the entire mixture into a 13x9-inch casserole dish. Place the chops on the top.

Cover and bake for 50 to 60 minutes at 325 degrees.

Serve with salad and rolls.

Per Serving (excluding unknown items): 319 Calories; 22g Fat (64.0% calories from fat); 24g Protein; 5g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 507mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.