

Pork Chops A La Noilly

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Servings: 4

*4 large lean pork chops
1 teaspoon sage
4 tablespoons ketchup
salt (to taste)
pepper (to taste)
4 large slices Spanish onion
4 thick slices tomato
Worcestershire sauce
dry mustard
paprika
5 ounces dry vermouth
rice*

Preheat the oven to 350 degrees.

Place the chops in a lightly greased ovenproof casserole. Sprinkle each chop liberally with sage, salt and pepper.

Spoon ketchup over each chop and top with slices of onion and tomato. Sprinkle Worcestershire over each. Add dry mustard and paprika.

Pour vermouth down the side of the dish to avoid washing away the seasonings.

Bake, covered, for one hour.

Remove the lid and bake an additional 30 minutes to brown the tomatoes.

Serve with rice and the sauce.

Per Serving (excluding unknown items): 145 Calories; 1g Fat (5.3% calories from fat); 3g Protein; 26g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 200mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.