

Pork Chops Hawaiian

Carol Walkeer

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

Servings: 4

*4 pork chops
1 can beef broth
1/2 cup pineapple tidbits
1/4 cup green pepper,
chopped
1/4 cup ketchup
1 tablespoon vinegar
1 tablespoon brown sugar
2 tablespoons water
1 tablespoon cornstarch*

In a skillet, brown the chops. Pour off the fat.

Add the broth, pineapple, green pepper, ketchup, vinegar and brown sugar.

Cover. Simmer for 45 minutes, stirring occasionally.

In a bowl, mix the water and cornstarch. Stir into the skillet. Cook, stirring until thickened.

Serve with rice.

Per Serving (excluding unknown items): 281 Calories; 15g Fat (48.1% calories from fat); 26g Protein; 10g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 558mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1 Fat; 1/2 Other Carbohydrates.