

Pork Chops in Beer

Thelma M Teale - Sun Lakes, AZ

Treasure Classics - National LP Gas Association - 1985

Servings: 6

*6 lean pork chops
salt (to taste)
pepper (to taste)
1 tablespoon oil
1 can (6 ounce) tomato
sauce
1/2 cup brown sugar
1 cup barbecue sauce
1 can beer
1/4 teaspoon garlic salt
1/4 cup celery, diced
1 large onion, chopped*

Preparation Time: 20 minutes**Cook Time: 1 hour 30 minutes**

In a large skillet, brown the chops in oil. Salt and pepper to taste.

In a bowl, mix the tomato sauce, brown sugar, barbecue sauce, beer, garlic salt, celery and onion. pour over the chops.

Cover and simmer for 90 minutes. Turn occasionally.

Serve the sauce over rice or mashed potatoes. Add corn on the cob and a salad for a hearty meal.

(The chops can also be cooked on a gas grill in on foil pan on low heat.)

Per Serving (excluding unknown items): 141 Calories; 3g Fat (21.4% calories from fat); 2g Protein; 24g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 685mg Sodium. Exchanges: 1 Vegetable; 1/2 Fat; 1 Other Carbohydrates.