

Pork Chops with Rice

Mrs Joe Diab

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

*6 pork chops, fat trimmed
off*

*1 cup beef bouillon or
consomme'*

1/2 cup white dry wine

*1/2 teaspoon poultry
seasoning*

1/2 cup uncooked rice

1/2 cup sour cream

1/4 cup minced onions

salt (to taste)

pepper (to taste)

6 whole cloves (optional)

1 tablespoon corn oil

Preheat the oven to 350 degrees.

In a skillet, brown the pork chops in oil. Season with salt, pepper and poultry seasoning.

Place the chops into a casserole dish. Add the bouillon and uncooked rice, minced onions, white wine and sour cream. Stir only slightly. Optionally, you may place one whole clove in each chop before cooking. Cover the casserole.

Place the casserole on the middle shelf in the oven.

Bake for one hour. Stir the mixture.

Bake for one additional hour.

Per Serving (excluding unknown items): 1774 Calories; 126g Fat (65.2% calories from fat); 143g Protein; 9g Carbohydrate; 1g Dietary Fiber; 493mg Cholesterol; 414mg Sodium. Exchanges: 0 Grain(Starch); 20 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 13 Fat.