

Rice and Pork Chops

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Totland College Nursery School - Braintree, MA (1978)

1 cup raw rice
4 to 6 pork chops
salt
pepper
1 large onion, sliced
1 large can tomato sauce

Preheat the oven to 350 degrees.

Grease the bottom and sides of a shallow baking dish.

Pour the rice over the bottom. Add salt and pepper and the pork chops.

Spread the onions over the chops.

Pour the tomato sauce over all.

Bake for one hour.

Per Serving (excluding unknown items): 1042 Calories; 59g Fat (51.9% calories from fat); 97g Protein; 27g Carbohydrate; 5g Dietary Fiber; 295mg Cholesterol; 1720mg Sodium. Exchanges: 13 1/2 Lean Meat; 4 1/2 Vegetable; 3 1/2 Fat.