

Pork Casserole

Jean Urbin

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

*2 pounds pork tenderloin
flour (for dredging)
salt (to taste)
pepper (to taste)
2 cans cream of mushroom
soup
1 can mushroom pieces
milk OR sour cream
4 to 5 ounces wine
1 can chop suey noodles*

Preheat the oven to 375 degrees.

Cut up the tenderloin into bite-size pieces.
Dredge it in flour and season to taste with salt
and pepper. Fry in a skillet until almost done.
Place the mixture into a casserole dish.

Add the mushroom soup and mushroom pieces.
Stir. Add either a little milk OR sour cream. Add
the wine. Cover.

Bake for one hour.

Per Serving (excluding unknown
items): 1442 Calories; 49g Fat
(33.6% calories from fat); 196g
Protein; 22g Carbohydrate; 1g
Dietary Fiber; 595mg Cholesterol;
2596mg Sodium. Exchanges: 1
Grain(Starch); 27 Lean Meat; 1/2
Vegetable; 3 1/2 Fat.