

## **Pork**

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# **Polynesian Pork Chops**

Campbell Soup Company

**Servings: 4**

**Preparation Time: 10 minutes**

**Start to Finish Time: 25 minutes**

**4 boneless pork chops, 3/4-inch thick**  
**1 teaspoon garlic powder**  
**1 tablespoon vegetable oil**  
**1 medium onion, chopped**  
**1 can (10 3/4 oz) condensed golden mushroom soup**  
**1/4 cup water**  
**1 can (8 oz) pineapple chunks in juice, undrained**  
**3 tablespoons soy sauce**  
**1 tablespoon honey**  
**2 cups regular long-grain white rice, cooked and hot**  
**sliced green onions**

Season the pork with garlic powder.

Heat the oil in a 10-inch skillet over medium-high heat. Add pork and cook until well-browned on both sides.

Stir in onion, soup, water, pineapple with juice, soy sauce and honey into skillet and heat to a boil. Reduce heat to low. Cook 10 minutes or until pork is cooked through.

Serve pork and sauce with rice and sprinkle with green onion.

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Per Serving (excluding unknown items): 104 Calories; 4g Fat (28.7% calories from fat); 1g Protein; 18g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 774mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.