

Pork Chop Casserole V

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*4 pork chops
1 onion, cut up
1 cup minute rice
1/3 cup water
1 `can (10-3/4 ounce)
chicken noodle soup*

In a skillet, fry the pork chops with a cut up onion to get some drippings.

Meanwhile, in a saucepan, cook one cup of Minute Rice.

Remove the pork chops from the skillet. Add the water to the drippings to form a gravy (if the gravy is not dark enough, add Gravy Master).

Coat a large casserole dish with cooking spray. Place the rice on the bottom of the casserole. Add the gravy and mix together. Place the pork chops on top. Pour the chicken noodle soup over the top.

Bake in the oven at 375 degrees until the noodles are golden brown.

Per Serving (excluding unknown items): 1043 Calories; 61g Fat (54.3% calories from fat); 98g Protein; 19g Carbohydrate; 3g Dietary Fiber; 302mg Cholesterol; 1346mg Sodium. Exchanges: 1/2 Grain(Starch); 13 1/2 Lean Meat; 1 1/2 Vegetable; 4 Fat.