

Pork Chop Rice Casserole II

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 5

5 pork chops, one inch thick

2 tablespoons margarine

5 tablespoons uncooked rice

5 thick slices tomato

5 slices onion

5 slices green pepper

2 teaspoons salt

1/8 teaspoon pepper

2 cups boiling water

Preheat the oven to 350 degrees.

In a heavy skillet, brown the pork chops in margarine. Place the pork chops in a baking dish in a single layer.

On each pork chop, place a spoonful of rice, a slice of tomato, onion and green pepper.

Sprinkle with salt and pepper. Add water. Cover tightly.

Bake for 1-1/2 hours, adding a little more water if necessary.

Per Serving (excluding unknown items): 372 Calories; 20g Fat (47.7% calories from fat); 27g Protein; 23g Carbohydrate; 5 Dietary Fiber; 74mg Cholesterol; 984mg Sodium. Exchanges: Grain(Starch); 3 1/2 Lean Meat; 2 Fat.