

Pork Chop Rice Casserole

Cookbook Committee

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 6

6 large meaty pork chops

1 cup raw rice

2 cups boiling water

1 can mushroom soup

salt

pepper

Preheat the oven to 325 degrees.

Cook the rice in boiling water until done. Spread in the bottom of a large casserole dish. Place the uncooked pork chops on top of the rice. Salt and pepper to taste.

Spoon about half of the mushroom soup over the chops. Add enough water to the remaining soup to fill the can. Stir well. Pour over the casserole.

Bake uncovered for about one hour.

Per Serving (excluding unknown items): 22 Calories; 2g Fat (63.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 149mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat.