

Saucy Baked Pork Chops

Susan Dyall

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*4 pork chops
1 can cream of chicken or
mushroom soup, undiluted
1/4 cup ketchup
1/8 teaspoon
Worcestershire sauce
cooking oil*

Preheat the oven to 350 degrees.

In a skillet, brown the chops in hot oil.

In a bowl, combine the soup, ketchup and Worcestershire sauce. Mix well.

Place the chops in a greased baking dish.
Spoon the sauce mixture over the top.

Bake for 40 to 45 minutes, depending on the thickness of the chops.

Serve over rice or noodles.

Per Serving (excluding unknown items): 990 Calories; 59g Fat (54.8% calories from fat); 93g Protein; 16g Carbohydrate; 1g Dietary Fiber; 295mg Cholesterol; 951mg Sodium. Exchanges: 13 1/2 Lean Meat; 3 1/2 Fat; 1 Other Carbohydrates.