

Sauerkraut and Pork Chops II

Stephanie Shay - Dayton's Ridgedale

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

salt (to taste)

pepper (to taste)

4 pork chops

vegetable oil

1 jar (quart size) sauerkraut

2 tablespoons brown sugar

1/2 teaspoon caraway seed

1/4 cup water

4 potatoes, peeled and halved

2 tablespoons butter or margarine

Salt and pepper the chops.

In a skillet, lightly brown the chops in a small amount of oil.

Meanwhile, rinse the sauerkraut in cold water. Drain well.

In a large bowl, combine the brown sugar and caraway seed. Add the sauerkraut and mix.

Place the potatoes in a buttered casserole dish. Arrange the sauerkraut over the potatoes. Place the pork chops on top of the sauerkraut. Dot with butter. Add water. Cover.

Bake at 325 degrees for about three hours.

Yield: 2 to 3 servings

Pork

Per Serving (excluding unknown items): 1632 Calories; 83g Fat (45.7% calories from fat); 105g Protein; 116g Carbohydrate; Cholesterol; 2066mg Sodium. Exchanges: 6 Grain(Starch); 13 1/2 Lean Meat; 2 Vegetable; 8 1/2 Fat; 1 Other Carbohydrat