

# Sauerkraut and Pork Chops

Virginia Hendrickson - Idaho Falls, ID  
Treasure Classics - National LP Gas Association - 1985

**Servings: 4**

*8 pork chops*

*salt*

*3 1/2 cups sauerkraut*

*sugar*

**Preparation Time: 15 minutes****Cook Time: 40 minutes**

In a skillet, brown the pork chops on both sides.

Sprinkle with salt. Spoon the sauerkraut over the chops. Sprinkle with sugar. Cover tightly.

Cook slowly for 30 minutes or until the chops are tender.

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Per Serving (excluding unknown items): 503 Calories; 30g Fat (54.0% calories from fat); 48g Protein; 9g Carbohydrate; 5g Dietary Fiber; 147mg Cholesterol; 1482mg Sodium. Exchanges: 7 Lean Meat; 1 1/2 Vegetable; 2 Fat.