

# Smothered Pork Chops

*Dori Ferrara*

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## **Servings: 4**

*6 one-inch pork chops*

*3 tart red apples*

*3 tablespoons flour*

*1/4 teaspoon salt*

*1/4 teaspoon sage*

*4 tablespoons brown sugar*

*2 cups hot water*

*1 tablespoon vinegar*

*1/3 cup raisins*

preheat the oven to 400 degrees.

Sprinkle the chops with salt and sage. Brown on all sides. Place the chops in a shallow baking dish.

Slice the apples in 1/3-inch rings (cored) and sprinkle with brown sugar.

In a searing pan, add the flour to fat. Cook the apples until brown, stirring constantly. Add water and stir until boiling. Add the vinegar, salt and raisins. Carefully place the apple rings on the chops and pour the sauce over all. Cover.

Bake for 30 minutes.

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Per Serving (excluding unknown items): 439 Calories; 22g Fat (46.0% calories from fat); 36g Protein; 23g Carbohydrate; 1g Dietary Fiber; 111mg Cholesterol; 230mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.