

Stuffed Pork Chops

Mrs Jack Reed

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

Servings: 6

6 pork rib chops, cut into 1" to 1-1/2" thick pieces

2 tablespoons shortening

2 cups bread cubes

1/2 teaspoon

Worcestershire sauce

salt (to taste)

pepper (to taste)

1 small onion, chopped

1 tablespoon butter, melted

1 1/2 cups water

1 tablespoon dried paesley flakes

Cut a pocket in each chop by cutting into the center of the chop from rib to side, parallel to the rib bone and surface of the top.

In a bowl, combine the bread cubes, Worcestershire sauce, salt, pepper, onion, butter, water and parsley. Mix well. Fill the pocket in the chop with the stuffing mixture.

In a skillet, brown the chops in shortening. Place the chops in a baking pan. Add two to four tablespoons of water. Cover tightly.

Bake in a 350 degree oven for about one hour.

Per Serving (excluding unknown items): 101 Calories; 7g Fat (59.4% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 112mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.