



Food H & P:

6 Tablespoons of butter
4 boneless pork chops
½ cup of finely chopped onion
¼ cup of chopped green bell pepper
1 cup of long grain white rice
1 can of Cream of Mushroom soup
1 soup can full of water
Salt and Pepper to taste

Food Rx:

Cut the pork chops into strips season with salt and pepper then brown in 3 Tablespoons of butter. Remove the pork chops from the skillet. With remaining 3 Tablespoons of butter sauté onions, bell pepper, and uncooked rice about 3-4 minutes or until vegetables are softened and rice is lightly browned. Season rice and vegetables with salt and pepper then add Cream of Mushroom soup and water. Pour rice mixture on the bottom of a 9 X 13-inch dish and top with pork chops and remaining liquid from pork chops. Cover with foil and bake in a 350 degree oven for 45 minutes.

When cooking for two I half everything into two 9x9 inch pans and freeze them right before the baking. When ready I thaw completely the bake for 45 minutes.