



Pork Chops & Spaghetti

Info:

Makes 4 Servings 450 Calories per Serving

Ingredients:



- ❖ 4 Boneless, Lean Pork Chops
- ❖ 1 Large Onion
- ❖ 1 Large Red Bell Pepper
- ❖ 1 Tbsp Olive Oil
- ❖ 2 Cans Tomato Soup
- ❖ 4 oz Linguini Noodles (Whole Wheat Preferred)
- ❖ 1 Tbsp Oregano
- ❖ 2 Cloves Garlic, minced
- ❖ 1 tsp Basil
- ❖ 1 tsp Salt
- ❖ ½ tsp Pepper

Seasoned Flour:

- ❖ 1/4 Cup Flour (not all is used)
- ❖ 1 tsp Salt
- ❖ ½ tsp Pepper

Preparation:



1. Slice onions and peppers into half rings
2. Cover pork chops in seasoned flour
3. Brown in cooking oil in skillet over med-high heat
4. Place in pot/crockpot with onions, peppers, dry seasonings and soup
5. Simmer 2 hours on stove/high for 2 hours in crockpot
6. Serve over cooked noodles