	Stuffed Port (	Chops	To go ba	ack to	INDEX	- Click	INDEX	<u>tab</u>	1 2
	Cooking time (minutes):  31 Microwave							cups	3
	31 Miciowave	Yield:	oung	16	12	9	1	4.3	4
		Ticiu.	cups	16	12	9	4		5
	Pork Chops		#	8	6	4	2	1.0	6
	Cut stuff pocke	et in eacl	h chop						7
	Put chops on p	aper plat	te						8
8	Microway for 8 minutes per pound on high								9 10
	Rice, long		cups	2	1 1/2	1	1/2	1.0	11
	Water		cups	4	3	2	1	110	12
5	Add to bowl &	Microw	_	minu	tes on h	igh			13
15	Microway for		•			1811			14
10	Drain water			Pon					15
	Diwin water								16
	Vegatables, frozen	diced	cups	2	1 1/2	1	1/2	0.5	17
	Corn, frozen		cups	1	3/4	1/2	1/4	0.3	18
	Breadcrumbs, seasoned		cups	2	1 1/2	1	1/2	0.5	19
	Add to bowl with rice & Mix Stuff chops with contents of bowl								20
									21
	Add chops to to bowl								22
									23
	Tomatoes, stewed	can	cups	4	3	2	1	1.0	24
	Pour over chop	S							25
3	Cook until heated - about 3 minutes								26
	Cook until nea	ted - abo	out 3 min	utes					
	Cook until nea	ted - abo	out 3 min	utes			•		27
	Serve &/or Add to conta				or Free	zer fo		ıs	27 28
					or Free	zer fo		18	
					or Free	zer fo		18	28
					or Free	zer fo		ıs	28 29