

Stuffed Port Chops

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Cooking time (minutes):

31 Microwave

Yield:	cups	16	12	9	4
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Pork Chops	#	8	6	4	2
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Cut stuff pocket in each chop

Put chops on paper plate

Microway for 8 minutes per pound on high

Rice, long	cups	2	1 1/2	1	1/2
Water	cups	4	3	2	1

Add to bowl & Microway for 5 minutes on high

Microway for 15 minutes on 1/2 power

Drain water

Vegatables, frozen	diced cups	2	1 1/2	1	1/2
Corn, frozen	cups	1	3/4	1/2	1/4
Breadcrumbs, seasoned	cups	2	1 1/2	1	1/2

Add to bowl with rice & Mix

Stuff chops with contents of bowl

Add chops to to bowl

Tomatoes, stewed	can cups	4	3	2	1
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Pour over chops

Cook until heated - about 3 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months