

## **PORK-CROCK POT (for 2)**

From: Doris M

### **INGREDIENTS:**

3-4 lean, thick pork chops  
1 can chicken noodle soup  
Pepper + dry mustard (to taste)  
Rice (for 2)  
Applesauce (for 2)

### **PREPARATION:**

Sear chops in pan - add pepper and mustard. Put into crock-pot with chicken noodle soup. Simmer on low all day.

Just before eating, cook rice according to package directions. Serve rice, chops and applesauce - enjoy!