

Pork Chop Casserole

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-pork-chop-with-broken-rice-recipe>

Ingredients:

- 4 pork chops or chicken breasts or thighs
- 1 can cream of mushroom soup cream of celery or chicken work good too
- 1 packet onion soup mix
- 1 cup rice
- 2 cups water
- 1/2 cup frozen peas
- 1 cup broccoli pieces
- paprika
- seasoning salt
- garlic powder
- black pepper

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 75 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 38 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1420 milligrams
9. Sugar: 3 grams

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