

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Jambalaya Pork Chop Bake



Servings: 4

### *Ingredients:*

- 4 pork chops
- 1½ teaspoons Creole seasoning, divided
- 2 tablespoons olive oil, divided
- ¼ cup chopped green bell pepper
- ¼ cup chopped onion
- ¼ cup chopped celery
- 1 can (14.5 ounce) low sodium petite-diced tomatoes, undrained
- 1 cup reduced-sodium chicken broth
- ¼ teaspoon dried thyme leaves
- ⅔ cup uncooked long-grain white rice



**Remember to wash your hands with soap and warm water before and after cooking.**

### *Directions:*

1. Preheat oven to 350° F. Lightly spray a 13x9-inch baking dish with nonstick cooking spray; set aside.
2. Season both sides of pork chops with ½ teaspoon Creole seasoning. In large skillet over medium-high heat, lightly brown chops in 1 tablespoon olive oil, about 1 minute on each side. Transfer chops to baking dish.
3. Add remaining 1 tablespoon oil, green pepper, onion, and celery to skillet. Cook over medium heat about 3 minutes or until tender, stirring occasionally.
4. Add tomatoes, chicken broth, thyme, and remaining 1 teaspoon Creole seasoning; bring to a boil. Stir in rice. Spread over pork chops in baking dish.
5. Cover and bake about 50 minutes or until rice is tender. Let stand, covered, for 5 minutes before serving.

**Nutrition Facts:** Each serving provides 499 Calories, 20g Total Fat, 5g Saturated Fat, 417mg Sodium, 27g Total Carbohydrate, 2.5g Dietary Fiber, 37g Protein

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