

## Barbequed Pork Chops

### Ingredients:

- 2 teaspoons vegetable oil
- 4 pork loin chops
- 1 onion
- 1 stalk celery
- 1/2 cup water
- 1 tablespoon vinegar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/4 teaspoon black pepper

### Equipment:

- Nonstick skillet with lid
- Cutting board
- Knife
- Liquid measuring cup
- Measuring spoons

Number of Servings: 4  
 Prep Time: 15 minutes  
 Total Time: 30 minutes

### Directions

1. Wash celery and chop into small pieces. Cut ends off onion, and remove brown layer. Chop into small pieces. Set aside.
2. In small bowl, mix together 1/2 cup water, 1 tablespoon vinegar, 1 tablespoon Worcestershire sauce, 1 teaspoon paprika, 1/2 teaspoon chili powder, 1/4 teaspoon black pepper. Set aside.
3. Add oil to a non stick skillet and heat on medium heat.
4. Put pork chops in skillet and brown on one side, then turn over and brown other side.
5. Add vegetables and sauce and bring to a boil.
6. Cover and reduce heat. Simmer for 12 to 15 minutes.

**TIP: Serve with black eyed peas and stewed tomatoes.**

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### Nutrition Facts

Serving Size: 1 chop	
Servings: 4	
<b>Amount Per Serving</b>	
<b>Calories 167</b>	Calories from Fat 72
<b>%Daily Value*</b>	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 2g	10%
<b>Cholesterol 47mg</b>	<b>16%</b>
<b>Sodium 89mg</b>	<b>4%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 1g	4%
<b>Protein 20g</b>	<b>39%</b>
Vitamin A 10%	Vitamin C 17%
Iron 7%	Calcium 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

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