



Total Time
45 MIN.

Difficulty
EASY

Yields
24

Serving & Size
1 SERVING (1 PORK CHOP, 1/2 CUP POTATOES)

The savory flavors of this dish made with Swanson® Unsalted Chicken Broth will remind you of the delicious food you get at an Italian festival. Plus, braising the pork ensures that it's moist and tender.


Nutrition Facts	
Serving Size	1 SERVING (1 PORK CHOP, 1/2 CUP POTATOES)
Amount Per Serving	
Calories 327	
	% Daily Value
Total Fat 9.1g	14%
Saturated Fat 2.3g	12%
Cholesterol 47mg	16%
Sodium 87mg	4%
Total Carbohydrate 37.8g	13%
Dietary Fiber 4.2g	17%
Protein 22.5g	45%
Vitamin A 1%	Vitamin C 37%
Calcium 3%	Iron 9%

INGREDIENTS

	WEIGHT	MEASURE
olive oil	6 oz.	6 tbsp.
boneless pork chop, 3 oz each, 1/2-inch thick	5 lb.	24 ea.
red potato, medium, cut up	11 lb.	24 ea.
onion, medium, peeled, cut in half, sliced	2 lb.	6 ea.
dried oregano leaves	0 oz.	2 tbsp.
 Swanson® Unsalted Chicken Broth		1 1/2 qt.
roasted red bell pepper, diced 1/4-inch	14 oz.	3 cups

INSTRUCTIONS

1. Heat the oil in a skillet over medium-high heat. Add the pork and cook for 10 minutes or until well browned on both sides. Remove the pork from the skillet.
2. Add the potatoes, onion and oregano to the skillet. Cook for 5 minutes or until the vegetables are browned, stirring occasionally.
3. Add the pork, broth and red pepper to the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the pork is cooked through.
CCP: Heat to 145° F for 15 seconds.
CCP: Hold for hot service at 140° F.
4. To serve: Using a 4 oz spoodle, portion 1/2 cup of potato mixture with 1 pork chop.

 **TIP**
Serving Suggestion: Serve with green beans stir-fried with sliced garlic.