

Pork Chops

4 pk chops

1 sliced tomato (or
Canned)

1/2 cup ^{raw} rice

1 gr pepper (opt)

1 ch onion

Layer pork chops - rice - onions
tomatoes

Pour over 1 tin Consomme soup
or 1 oxo cube & 1 1/4 water

Cover & cook 30 mins