

Sour Cream Pork Chops

4 center cut pork chops, about 3/4 inch thick
2 tbsp vegetable oil
8 oz sliced mushrooms
1 cup beef broth
1 can (4 oz) sliced mushrooms
2 tsp prepared mustard

1 tsp chopped parsley
1 tsp paprika
salt & pepper to taste
1 onion, sliced into rings
1 cup sour cream

Directions:

Brown pork chops in oil in skillet; add mushrooms the last 3 to 4 minutes. Mix broth, mustard, parsley, paprika, and salt and pepper, place onion rings on pork chops then pour broth mixture over all. Simmer for 1 1/4 hours, until chops are tender.

Add the sour cream and cook for another 10 minutes, until hot. Serve with hot cooked noodles or rice. Serves 4



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One Dish Beef Stroganoff

3 cups Beef Broth
1 can Condensed Cream of Mushroom Soup
1 lb stew meat
1 large onion, sliced
3/4 cup sliced mushrooms
2 1/2 cups uncooked fusilli or medium spiral egg noodles

1/2 cup frozen peas
1 tbsp worcestershire sauce
1/4 tsp ground black pepper
3/4 cup light sour cream or plain yogurt

Directions:

Cook beef in non-stick skillet at medium-high heat until browned, stirring often. Remove beef; reduce heat to medium, add onion and mushrooms; cook for 3 minutes. Stir into beef.

Combine broth and soup in skillet; bring to a boil. Add fusilli. Cook at gentle boil until fusilli is just tender (al dente), stirring often. Stir in peas, worcestershire sauce and pepper. Simmer for 3 minutes. Return beef mixture to skillet, stir in sour cream and heat through.



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