

## CREOLE PORK CHOPS

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
326 cal	9 g	31 g	18 g	81 mg	282 mg	33 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PORK CHOP,BONELESS,5 OZ	31-1/4 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	13-1/4 lbs	1 gal 2 qts	
TOMATO PASTE,CANNED	1 lbs	1-3/4 cup	
ONIONS,FRESH,CHOPPED	1-5/8 lbs	1 qts 5/8 cup	1-3/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
CELERY,FRESH,CHOPPED	1-1/4 lbs	1 qts 3/4 cup	1-3/4 lbs
FLOUR,WHEAT,GENERAL PURPOSE	8-7/8 oz	2 cup	
WORCESTERSHIRE SAUCE	2-1/8 oz	1/4 cup 1/3 tbsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
PEPPER,RED,GROUND	1/8 oz	1/3 tsp	

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Brown chops on griddle for 5 minutes on each side.
- 2 Place an equal number of chops in each pan.
- 3 Combine tomatoes, tomato paste, onions, peppers, celery, flour, Worcestershire sauce, sugar, salt and peppers.
- 4 Bring to a boil; stir well; reduce heat; cover; simmer 5 minutes or until thickened.
- 5 Pour about 3 quart sauce over chops in each pan. Cover.
- 6 Using a convection oven, bake 1-1/4 hours on high fan, closed vent or until tender in 325 F. oven. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.