

Do you ever get home in the evening and just feel like throwing on some sweatpants and lounging out with a movie or a good book? I know I do, especially as the weather gets cooler. Then I hear the nagging voice in the back of my head saying “Ashleigh, you need to cook a meal for your hungry family.” Darn that voice!

As I lay on the couch in my lazy attack, I scan the pantry in my head searching for what I could make that would require minimal preparation and allow me to plop right back down on the couch. I have a few quick meals that are always fail proof and I try to keep the ingredients for each of them on hand for days such as these.

One of the meals at the top of the list is Pork Chop Casserole. This simple meal for four (easy to double for more) is quick to put together and usually just as quick to disappear! Add in some vegetables if you would like to spice it up a bit.

### ***Pork Chop Casserole***

3/4 cup white rice

4 lean tender pork chops

1 can cream of chicken soup

Half can water

Half can non-fat milk

1/3 tablespoon margarine

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Preheat oven to 350°F. Pour 3/4 cup rice into a 9x13 inch baking dish.

In a small bowl combine the soup with milk and water. Set aside. Add margarine to a skillet. Once hot, place in chops and cook all sides until golden brown (6-7 minutes on medium-high heat).

Lay pork chops on the rice in the baking dish. Pour your soup mix over the pork chops and rice. Place the baking dish into oven and bake for 1 hour. Serve hot and enjoy. Serves well with garlic bread.