



Total Time  
**40 MIN.**

Difficulty  
**EASY**

Yields  
**24**

Serving Size  
**PORK CHOP, 4 OZ/110 G; RICE, 1 CUP/250 ML**

Bell peppers, sweet onions, and Campbell's® Reduced Sodium Tomato Soup help to create a flavourful rice that serves as a great accompaniment to your grilled pork chops.



**Tip**

\*Chicken or turkey breast could be substituted.

**INGREDIENTS**

	WEIGHT	MEASURE
Oil, vegetable	2 tbsp	30 mL
Onion, sweet, finely chopped	2 qt	2 L
Pepper, bell, green and red, diced	1 1/2 qt	1 1/2 L
Garlic, chopped	2 tbsp	30 L
Rice, long grain, cooked	7 1/2 cups	19/10 L
Non-stick cooking spray		
Campbell's Reduced Sodium Tomato Soup	48 oz can	19/25 L can
Water (or low-sodium chicken broth)	2 qt	2 L
Pepper, red, ground	1/2 tsp	3 mL
Parsley, fresh, chopped	1 cup	250 mL
Pork, chops, boneless, grilled*	24 x 4 oz	24 x 110 g

**INSTRUCTIONS**

1. In large stockpot, heat oil over medium-high heat; add onions and peppers and sauté 6-7 minutes or until slightly softened. Add garlic, and cook 3 minutes. Stir in rice and continue cooking 3-4 minutes, stirring often.
2. Transfer rice mixture to a full-size (12 x 20 x 3 in") hotel pan. that has been sprayed with non-stick cooking spray.
3. In a soup pot, whisk together Campbell's Reduced Sodium Tomato soup, water, ground red pepper and bring to a slow boil.
4. Pour soup mixture over rice. Cover pan and bake in 350°F (180°C) conventional or 325°F (165°C) convection oven 40-45 minutes or until the rice is tender and all liquid has been absorbed. Let rice rest at least 15 minutes. CCP: Cook to an internal temperature of 165°F (74°C) or higher for 15 seconds. CCP: Hold hot at 140°F (60°C) or higher for service.
5. Just before serving, stir in parsley.
6. To serve: Serve 1 cup (250 mL) rice with one 4 oz (110 g) pork chop.