

## Mushroom Pork Chops

- 4 pork chops,  $\frac{1}{2}$  to  $\frac{3}{4}$  inch thick
- 1 medium to large onion, sliced
- $\frac{1}{2}$  tsp salt (optional)
- 1 14-oz can condensed mushroom soup
- $\frac{1}{4}$  cup water (optional)
- $\frac{1}{2}$  Tbsp Worcestershire sauce
- Non-stick cooking spray

1. Lightly spray 10-inch skillet; brown chops over medium heat and set aside. Drain all but 1 tsp oil from skillet; sauté onions 4 minutes; set aside.
2. Return chops to skillet; sprinkle with salt and pepper; cover with onions.
3. Empty soup into a small bowl; add Worcestershire sauce and up to  $\frac{1}{4}$  cup water; with a small wire whisk, stir soup to a smooth consistency; pour over chops.
4. Bring liquid to a boil; reduce heat; cover pan and simmer mixture 35 to 45 minutes, until meat is tender.

***Makes 4 servings***