



Crockpot Stuffed Pork Chops

Ingredients:

- 4 Karns own filled pork chops
- 1 can Golden Mushroom Soup

Preparation

Brown stuffed pork chops in a large pan. Place in crock-pot and cover with condensed Golden Mushroom Soup (do not dilute). Cook on low 6-8 hours or until done.

Try our other "stuffed" oven ready meat items like chicken breast & fish! Your family is sure to love them!!

Great Dinners for Much Less Than You Think!

Lean Chili

As seen on ABC 27 on 11/30/2011

Ingredients:

- 4 Tbl. vegetable oil
- 2 lbs. chopped chuck
- 1 medium onion, diced
- 1 Tbl. minced garlic
- $\frac{1}{4}$ tsp. crushed red chili peppers
- $\frac{1}{8}$ tsp. cinnamon
- $\frac{3}{4}$ tsp. black pepper
- $\frac{1}{4}$ tsp. all spice
- $\frac{3}{4}$ tsp. salt
- $\frac{3}{4}$ tsp. chili powder
- 1 bay leaf
- 4 cups V-8 juice or tomato juice
- $1\frac{1}{2}$ Tbl. Worcestershire sauce
- $\frac{1}{2}$ tsp. Tabasco sauce (to taste)

Preparation

Heat 2 tablespoons oil in large saucepan over low heat. Cook beef until browned. Drain and set meat aside.

In the same pan, add 2 tablespoons oil, and sauté onions until softened. Add garlic and dry seasonings; sauté 2 to 3 additional minutes.

Add the cooked beef to the pan and add all additional ingredients. Simmer for 1 hour.

Adjust seasonings to taste.

Spinach Stuffed Chicken Breasts

Ingredients:

- 4 skinless, boneless chicken breasts
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{2}$ cup crumbled feta cheese
- 2 cloves garlic, chopped
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 4 slices bacon

Preparation

In a medium bowl, mix mayonnaise, spinach, feta cheese, and garlic until well blended. Set aside.

Lay chicken breast on a flat work surface. Spoon spinach mixture into chicken breasts. Wrap each with a piece of bacon, and secure with a toothpick. Place in shallow baking dish. Cover.

Bake at 375 degrees F (190 degrees C) for 1 hour, or until chicken is no longer pink.

Ham Slice with Pineapple-Orange Sauce

Ingredients:

- $1\frac{1}{2}$ lb. ham steak
- 1 tablespoon butter or margarine
- 1 (8 oz.) can unsweetened sliced pineapple
- $\frac{1}{3}$ cup orange juice
- 3 tablespoons brown sugar
- 2 teaspoons cornstarch
- 1 teaspoon cider or white wine vinegar
- dash ground ginger

Preparation

Preheat oven to 350°F.

In a skillet, brown ham in butter. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Drain pineapple, reserving juice; set juice aside. Place pineapple over ham; set aside.

In a saucepan, combine orange juice, brown sugar, cornstarch, vinegar, ginger and reserved pineapple juice; mix well. Bring to a boil over medium heat; boil and stir for 2 minutes or until thickened. Pour over ham and pineapple. Bake, uncovered for 25-30 minutes or until ham is heated through.