

Vegetable Stuffed Pork Chops

4 medium double pork loin chops -- trimmed
salt and pepper
1 can corn -- drained
1 medium green bell pepper -- chopped
1 cup italian breadcrumbs
1 small onion -- choopped
1 can tomato sauce
1/2 cup converted rice -- uncooked

Cut pocket in each pork chip, cutting from the edge nearest bone. Lightly season pockets with salt and pepper to taste. Combine corn, bell pepper, bread crumbs, onin and rice in a large bowl. Stuff pork chops with mixture.. Secure with toothpicks. Place any remainig mix into crockpot. Add stuffed pork chops to slow cooker. Moisten toop of each pork with tomato sauce. Pour any remaining sauce over top. Cover and cook mixture on low 8-10 hours. Serve