

SMOTHERED PORK CHOPS

SERVES 6

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Ford**®

- 3 tablespoons vegetable oil
- 6 one-inch-thick pork chops cut from the loin
- 1 lemon
- 2 onions sliced thin
- 1 green bell pepper, cored and sliced into rings
- 1 red bell pepper, cored and sliced into rings
- 1 cup chicken stock
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar
- Salt and pepper to taste

Brown the chops in the vegetable oil in an oven-safe skillet.

Add the lemon, onion, bell pepper and sauté until tender.

Add the remaining ingredients. Cover and bake at 350F for 45 minutes.

Serve over steamed rice.

For more recipes inspired by Americans' food heritage and traditions, visit TheHenryFord.org

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HEALTH THROUGH HISTORY

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Here at The Henry Ford, whenever possible, we use ingredients that come from local farms. You can do the same by visiting a nearby farmers market, then making this recipe for a fresh, healthy taste of history.

BREAD AND BUTTER PICKLES

MAKES 1 GALLON

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- 8 cucumbers sliced
- 2 tablespoons kosher salt
- 1 yellow onion sliced thin
- ½ gallon distilled white vinegar
- 2 cups granulated sugar
- 2 tablespoons mustard seed
- ¼ cup turmeric

Cover the sliced cucumbers with ice water and the salt and soak overnight.

Drain cucumbers and combine with the onions in a shallow pan.

Combine the vinegar, sugar and spices. Bring to a boil and pour over the cucumbers and onions. Refrigerate overnight.

Keeps for one week in the refrigerator. Can properly during step three for longer preservation.

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CHICKEN AND RICE

SERVES 6

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6 boneless, skinless chicken breast

Salt and pepper to taste

2½ cups chicken stock

1 cup onions, diced small

1 thyme sprig

1 bay leaf

4 cups brown rice

1 cup tomatoes diced small

Season chicken breasts with salt and pepper and place in a pan with the chicken stock, onions, thyme and bay leaf. Cover and bake at 350F for 20 minutes. Add the rice and tomatoes. Cover and cook until the stock is fully absorbed

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DANDELION SOUP

MAKES ONE GALLON

- | | |
|---------------------------------------|---------------------------------------|
| 1 cup celery, diced | 4 cups spinach, chopped |
| 1 cup carrots, diced | 8 cups vegetable stock |
| 1 cup onions, diced | 1 bay leaf |
| 4 tablespoons fresh basil
minced | 1 cup fresh or frozen corn
kernels |
| 2 tablespoons fresh oregano
minced | 2 cups white beans, cooked |
| 1 tablespoon cumin | 1 cup potatoes, small dice |
| 4 tablespoons garlic, minced | Salt and pepper to taste |
| 1 tablespoon vegetable oil | |
| 4 cups dandelion greens,
chopped | |

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Saute the celery, carrot, onion, basil, oregano, cumin and garlic in the vegetable oil until tender.

Add the greens and spinach and sauté until the greens are tender.

Add the stock, bay leaf, corn, beans and potatoes and simmer until the potatoes are tender.

Season with salt and pepper.

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