



Easy Pork Chop Suey
(Inspired by Pillsbury Everyday Family Suppers 2007)

2 lbs boneless porkloin
1 cut up onion
1 can Baby Corn Ears
1 Cup GFCF Teriyaki marianade
(Used La Choy)
1 package stir fry vegetables
1 teaspoon ginger
1/2 teaspoon garlic (try next time)
cooked rice

Put onion and porkloin in crock pot. I usually start with frozen meet so I just put in whole. Then mix Teriyaki sauce and spices poor over meat and cook on low. About a half hour before supper cut up the pork into bite sized pieces. stir in frozen vegetables and corn and let cook while you prepare the rice.



<http://www.lincolntent.com/GlutenFreeCaseinFree-PorkRecipes.html>