

Pork Chops with Apples (Pork)

Prep: 5 mins. Cook: 20 mins. Serves: 4

Ingredients

Salt and pepper

2 lbs. bone in pork chops

2 T. canola oil

2 medium apples, sliced

½ small onion, sliced

¼ tsp. ground cinnamon

Pinch of nutmeg

1 ½ tsp. flour

1 cup chicken stock



Instructions

1. Season both sides of the pork chops with salt and pepper.
2. Place a large skillet over medium heat then add the canola oil until hot. Add in the pork chops and cook for 4 minutes on each side.
3. Remove the pork chops and set aside. Add the apples and onions to the skillet. Season with cinnamon and nutmeg. Cook for 5-7 minutes until tender.
4. Whisk in the flour, then add the chicken stock to the skillet. Add the pork chops back in the skillet with all the drippings.
5. Continue cooking over a medium heat until the pork chops reach an internal temperature of 145 degrees (about 2-3 minutes). Taste and adjust the seasonings.