



SMOTHERED PORK CHOPS

These go great with mashed potatoes!

INGREDIENTS

- 4 boneless pork loin chops (no less than 1" thick)
- 2¾ teaspoons salt, separated
- 1¾ teaspoons black pepper, separated
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¾ C all-purpose flour + 3 tablespoons, separated
- ¼ C olive or avocado oil
- 1 yellow onion
- 2 C chicken broth
- ½ C heavy cream



INSTRUCTIONS

1. Add 1 1/2 teaspoons Kosher salt, 3/4 teaspoon pepper, 1/2 teaspoon garlic powder, and 1/4 teaspoon onion powder in a small bowl and combine. Sprinkle the seasoning over the pork chops and rub all over to adhere.
2. Add 3/4 cup flour, 1 teaspoon Kosher salt, and a 1/2 teaspoon pepper to a gallon-sized ziplock bag. Add the pork chops to the bag and shake until evenly coated with the flour mixture. Set aside.
3. Add the oil to a large skillet over medium-high heat and allow to come to temperature. Once the oil is hot, add the pork chops (taking care not to overcrowd the pan). Sear for about 3 minutes on the first side, until golden brown. Then, flip and sear for an additional 2-3 minutes. Remove the pork chops from the pan and set aside on a plate.
4. Reduce the heat to medium, and add the sliced onion. If needed, add an additional 1-2 tablespoons of oil. Sauté the onions for 8-10 minutes, until cooked through and golden.
5. Sprinkle 3 tablespoons of flour across the onions and stir to combine. Add the chicken broth one big splash at a time, stirring well after each addition. Then, add the cream, 1/4 teaspoon salt, and 1/2 teaspoon of pepper.
6. Once the mixture comes to a simmer, nestle the pork chops and their juices to the gravy. Reduce the heat to maintain a slow simmer. Cook the pork chops in the gravy for 10-12 minutes, until cooked through.