

Pork Chops in Onion Gravy

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Serves 4

Blue – 4

Purple – 4

Green – 4

- 4 3-4 oz boneless pork chops
- salt and pepper
- 1 large onion, sliced
- water
- 1-1 1/2 Tbsp cornstarch

1. In a skillet coated with non stick spray, add onions and pork chops and cook pork chops until nice and brown on both sides. Season with salt and pepper while cooking
2. When pork chops are nice and brown, add water to pan to cover, scraping up bits on bottom of the pan. Turn heat down, cover and let simmer about 10-15 minutes until pork chops are cooked through and onions are soft.
3. Mix cornstarch with 1 Tbsp water. Turn pork chops up to boil and add cornstarch mixture. Stir until thick.