



Tomato Pork Chops

Servings 4 | Prep time 10 mins. | Total time 30 mins

Equipment: Large skillet with lid

Utensils: Stirring spoon, Measuring cups and spoons

Ingredients

- 1 tablespoon olive oil OR vegetable oil
- 4 boneless pork loin chops (5 ounces each)
- 1 large onion, chopped
- 1 8 ounce can tomato sauce
- 1/4 cup water
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon sugar
- 1/2 teaspoon crushed red pepper flakes (optional)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. In a large frying pan, heat oil over medium heat until oil is hot, and easily slides around pan. Cook pork chops on both sides until browned, 2 to 3 minutes per side.
3. Remove pork chops and keep warm. In the same frying pan, add onions. Cook, stirring until tender. Add in the tomato sauce, water, chili powder, oregano, Worcestershire sauce, sugar, and red pepper flakes (if using). Stir to combine.
4. Return pork to frying pan, raise heat to high, and heat until mixture reaches a boil, then reduce heat to a simmer. Cover and let simmer for 15-20 minutes or until tender.
5. Remove from heat and let stand for 5 minutes before serving. Serve with sauce from frying pan poured over pork chop.

Nutritional Information:

Calories 230
Total Fat 11g
Sodium 370mg
Total Carbs 8g
Protein 23g