



Winn-Dixie Supermarkets

Smothered Pork Chops



Ingredient List

2 Tbs cornstarch
1 3/4 cups Beef Stock
1/4 tsp black pepper
6 pork chops
1 onion
cooking spray

Directions

Stir the cornstarch, stock and black pepper in a small bowl until the mixture is smooth.

Spray a 10-inch skillet with the cooking spray and heat over medium-high heat for 1 minute. Add the pork and cook until it's well browned both sides. Remove the pork from the skillet. Remove the skillet from the heat.

Spray the skillet with the cooking spray and heat over medium heat for 1 minute. Add the onion and cook until it's tender-crisp.

Stir in the cornstarch mixture. Cook and stir until the mixture boils and thickens. Return the pork to the skillet. Reduce the heat to low, and cook for 5 minutes or until the pork is cooked through.

Servings: 6

Time: 30 minutes