



# Saucy Pork Chop Skillet

**TOTAL TIME:** Prep/Total Time: 30 min.

**YIELD:** 6 servings.

*Skillet pork chops make easy comfort food. We have them with a salad and fruit. If you've got fresh green beans or steamed broccoli, go for it. — Donna Roberts, Manhattan, Kansas*

## Ingredients

3 cups uncooked instant brown rice

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2 teaspoons canola oil

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6 boneless pork loin chops (6 ounces each)

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1 small onion, sliced

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1 cup canned diced tomatoes

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1 cup reduced-sodium beef broth

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1 tablespoon dried parsley flakes

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1/2 teaspoon salt

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1/4 teaspoon pepper

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1/8 teaspoon dried basil

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1/8 teaspoon dried oregano

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2 tablespoons all-purpose flour

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1/2 cup water

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# Directions

1. Cook rice according to package directions. Meanwhile, in a large nonstick skillet, heat oil over medium-high heat. Brown pork chops on both sides; remove from pan.
2. Add onion to drippings; cook and stir until tender. Stir in tomatoes, broth, parsley and seasonings; bring to a boil. Return pork to pan. Reduce heat; simmer, covered, until a thermometer inserted in pork reads 145°, 6-8 minutes.
3. Remove pork to a serving plate; keep warm. In a small bowl, mix flour and water until smooth; stir into sauce. Bring to a boil, stirring constantly; cook and stir until thickened, 2 minutes. Spoon over pork; serve with rice.

# Nutrition Facts

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