

One Pan Tuscan Pork Chops

Prep time: 5 minutes
Cook time: 15 minutes
Serves: 4

Ingredients:

4 pork chops
1 tablespoon oil
5 cloves of garlic, chopped
1 1/2 cups fresh tomatoes, diced (include liquid) or 1 1/2 cups diced canned tomatoes
1 medium onion, diced
2 teaspoons dried Italian seasoning (or 1 tsp oregano and 1 tsp. basil)



Instructions:

Heat a large, pan on high until warm. Add oil and heat until shimmery, but not smoking, about 20 seconds. Brown pork chops on each side, about 1 minute each. Remove to a plate and set aside. Reduce heat to medium-low and add onions. Saute onions until translucent and soft, about 5 minutes. Add tomatoes, garlic, spices, pork chops and any accumulated juices to the pan with the onions. Mix well and bring to a boil. Reduce heat to medium low and cover. Simmer until pork is done and sauce has thickened. Serve with rice, pasta or potatoes.