

SWEET & SOUR PORK CHOPS WITH VEGETABLES

This recipe is a great alternative to takeout, and if you use frozen vegetables, no chopping is involved!

This can also be made using fresh produce that may be hanging out in your refrigerator.

The sauce is simple but can be customized with some ginger to cool it down or sriracha sauce to spice it up.

Serve these pork chops and veggies over brown rice for a well-balanced meal.

Yield = 4 servings (1 pork chop and vegetable mixture plus ½ cup rice per serving)

Ingredients

¼ cup **brown sugar**

¼ cup **rice vinegar**

¼ cup **ketchup**

¼ cup **water**

2 teaspoons **soy sauce** (use low sodium or lite for reduced sodium content)

2 teaspoons **cornstarch**

4 boneless, center cut **pork chops** (about 1.5 lbs.)

Pinch of **salt** and **pepper**

2 tablespoons **cooking oil**

12 oz. frozen **stir fry vegetables**

2 cups **rice**, cooked

Instructions

1. Add the brown sugar, rice vinegar, ketchup, water, soy sauce, and cornstarch to a bowl and whisk until the brown sugar and cornstarch are dissolved. Set aside. Season the pork chops with a pinch of salt and pepper on each side.
2. Preheat a large skillet over medium. When the skillet is hot, add the cooking oil and swirl to coat the surface. Add the pork chops and cook for about 5 minutes on each side, or until they are evenly browned. Remove the pork chops to a clean plate and set aside.
3. Add the frozen vegetables to the hot skillet and cook, while stirring, for about two minutes (enough to get the ice off). Give the prepared sauce a quick stir, then add to the skillet with the vegetables. Cook and stir until the sauce begins to shimmer, at which point it will thicken and go from a cloudy brown to a shiny glaze.
4. Add the pork chops back to the skillet with the vegetables and sauce. Simmer the pork chops in the sauce for 2-3 minutes, or until the internal temperature reaches 145°F. Serve hot over rice.

Per serving: Calories 800, Saturated Fat 4.5 g, Sodium 401.4 mg, Sugars 15.6 g



Recipe featured in the March 2021 issue of Beyond Hunger's Nutrition Newsletter and was adapted from Budget Bytes