

Pork Chops in Butter Sauce (THM S)

4 servings

Ingredients:

- 4 pork chops
- Mineral Salt
- Black Pepper
- Italian Seasoning
- Onion Powder
- Asparagus (or other vegetable)

Sauce:

- 2 Tbsp. butter (or coconut oil for DF)
- 4 Tbsp. minced garlic
- ½ cup chicken broth
- ½ cup almond milk
- 1 tsp glucomannan
- 1 Tbsp. lemon juice
- 1 tsp mineral salt
- ½ tsp black pepper
- 1.5 tsp Italian seasoning
- 1 tsp onion powder

Instructions:

Season pork chops with salt, pepper, Italian seasoning, and onion powder on both sides.

Melt vegan butter or coconut oil in skillet on high, add minced garlic and saute for a few seconds.

Add pork chops and sear on both sides.

Add chicken broth, lemon juice, almond milk, seasonings, and glucomannan to the skillet with the pork chops. Move the meat around to mix the sauce until well combined. Bring to a boil then reduce to a medium heat.

Add asparagus (or whatever vegetable you have chosen) to the pan and allow the sauce to thicken.

Serve!