



Pineapple Pork Chops Recipe



5 from 2 reviews

Total Time: 20 minutes Yield: 4 1x

Ingredients

For the pork chops

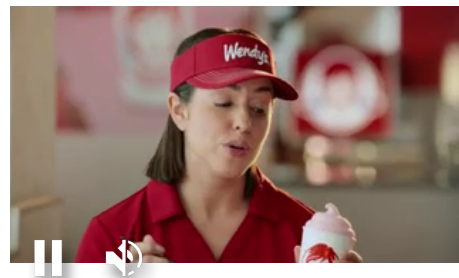
- 6 boneless pork loin chops about 1" thick
- salt and pepper
- 1 tablespoon olive oil

For the sauce

- 1 cup pineapple juice (from can of tidbits)
- 1/4 cup barbecue sauce
- 1/4 cup brown sugar
- 1 teaspoon sea salt
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1 teaspoon dried minced onions
- 1 cup pineapple tidbits

Instructions

- 1 Season pork chops on both sides with salt and pepper.
- 2 Mix the pineapple juice, barbecue sauce, brown sugar, sea salt, ginger, garlic powder and minced onions together until blended. Set aside.
- 3 Heat a large cast iron skillet over medium-high heat. Add olive oil and pork chops, and cook for about 2 minutes per side, or until golden brown.
- 4 Transfer chops to a platter, and cover with foil.
- 5 Add sauce to the skillet, and stir to release any brown bits from the pan. Bring to a boil, then reduce heat to medium.
- 6 Add pork chops back to skillet, and simmer in sauce for 8 to 10 minutes, or until internal temperature of meat is at least 145 degrees, according to meat thermometer.
- 7 Stir in reserved pineapple before serving.



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Prep Time: 5



Cook Time: 15



Category: Dinner, Red Meat

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