



Pork Chops and Sauerkraut



Prep
15 m

Cook
30 m

Ready In
45 m

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Pork Chops Boneless

Loin

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"This dish is a simple one pan meal for two people with healthy appetites, or an entree for 4 when served with salad, bread, and of course dessert. Eat Hearty!"

Ingredients

2 tablespoons vegetable oil
4 (3/4 inch) thick pork chops
2 cloves garlic, minced
1 onion, thinly sliced

16 ounces sauerkraut
1 teaspoon caraway seed
2 tablespoons apple juice
salt and pepper to taste

Directions

- 1 Heat oil in a large skillet over medium heat. Brown chops on all sides and remove from pan.
- 2 Add the garlic, onion, sauerkraut, caraway seed, apple juice, and salt and pepper to taste to the hot skillet. Saute for 3 to 4 minutes. Lay browned pork chops on top of sauerkraut mixture, cover, reduce heat to low and cook for 20 minutes, stirring occasionally.

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