

## Slow Cooker Pineapple Pork Chops

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### INGREDIENTS

8 Meyer Heritage Duroc Pork Bone-in Chops  
1/4 cup Soy sauce  
3 tbsps Brown sugar  
3 tbsps Corn starch  
3 tbsps Ketchup  
3 tbsps Vinegar  
3 cloves Garlic (minced)  
1 can Pineapple chunks (14-ounce, with juice)  
3 tbsps Water  
2 tbsps Fresh cilantro (chopped)  
4 cups White rice (prepared, heated)  
Salt to taste

### PREPARATION

Slow cookers are such a life saver. You can literally set it and forget it. Here's a great dinner idea that is easy, delicious, and the whole family will love. It's tender pork chops in a sweet and tangy pineapple sauce.

This meal is great for a busy day. It can also be made ahead of time! Simply combine the ingredients for the sauce in a large zip top bag, add the pork chops and pineapple, and throw it in the freezer! Defrost before placing in the slow cooker and bam! Serve this up with some fresh cilantro and rice. Dinner's done.

1. In a slow cooker, whisk together the soy sauce, brown sugar, corn starch, ketchup, vinegar, garlic, pineapple juice, and water until fully combined. Add the pork chops and pineapple pieces, then stir once more to combine.

2. Set the slow cooker to high and cook for 4 hours. Serve the pork chops with the white rice and sprinkle with cilantro.

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### NUTRITIONAL ANALYSIS PER SERVING

- Calories: 578
- Fat Content: 18g
- Saturated Fat Content: 6g
- Cholesterol Content: 132mg
- Sodium Content: 726mg
- Carbohydrate Content: 56g
- Sugar Content: 14g