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# Dad's Iowa Chops

## IOWA Chops Recipe

4 thick cut, bone-in, "Iowa" chops  
(Should be at least 1.25" thick)

### Marinade:

1- 1.5 cups of soy sauce, (lite or regular)  
¼ cup of olive oil  
1 med onion coarsely chopped  
2 cloves fresh garlic  
1 tsp ground pepper  
1/3 c ketchup

Mix all ingredients together, pour over chops, cover, and refrigerate 8-24 hrs.  
(a large ziplock bag works well for this, place chops and marinade in bag, and then  
set the bag in a bowl or pan and refrigerate) rotate the chops from time to time  
to ensure they are evenly marinated.

### Grilling:

Remove chops from marinade, discard marinade.

Brown chops on hot grill, 4-6 minutes each side.

Set chops on end (bone end, and grill another 12-16 minutes, depending on thickness)

• This is the key to this recipe, and why you want the chops to be as thick as possible  
(they will stand up easier)

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