



# Slow Cooker Hawaiian Pork Chops

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Super tender slow cooked pork chops in sweet and tangy Hawaiian sauce with juicy pineapple!

**Course** Main Course  
**Cuisine** American

**Prep Time** 15 minutes

**Cook Time** 6 hours

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**Total Time** 6 hours 15 minutes

**Servings** 4 servings

**Calories** 483kcal

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## Ingredients

- 2 pounds pork chops (see note)
- ½ cup soy sauce
- ⅓ cup brown sugar
- ¼ cup ketchup
- 1 15-ounce can pineapple slices (including liquid), divided
- 3 tablespoons rice vinegar
- 2 teaspoons minced garlic
- ½ cup water
- 3 tablespoons corn starch
- cooked rice and chopped cilantro for serving

## Instructions

1. Whisk together the soy sauce, brown sugar, ketchup, the liquid from the can of pineapple slices (save the pineapple, you'll use it in step 2), rice vinegar, and minced garlic. Whisk together the cold water and corn starch til dissolved. Stir into the sauce mixture.
2. Lightly grease your slow cooker. Pour half of the sauce mixture into the slow cooker. Place pork chops in the slow cooker along with the pineapple slices. Pour the remaining sauce over the top. Cover and cook on high for 3-4 hours or on low 6 hours.
3. Serve pork chops over rice and garnish with chopped cilantro.

## Notes

I used 6 thin pork chops. You'll want at least one per person, if they are thin you may want 2 per person.

## Nutrition