

Apple & Apricot Pork Chops

By: Paleo Comfort Foods; Homestyle Cooking for a GF Kitchen, Julie & Charles Mayfield

Ingredients:

3-4 thick pork chops
1 tsp. salt
1 tsp. black pepper
2 tbsp avocado oil (olive oil is ok too)
1 tbsp butter or olive oil
2 medium onions, sliced
2 tsp, ginger, minced
1 cup chicken broth
1/4 cup apple cider vinegar
1/4 cup dry sherry*
1 cup dried apricots, chopped
1 tsp. ground nutmeg
1 1/2 tbsp fresh sage leaved, chopped or 1 tsp dried sage
1 cinnamon stick
2-3 apples (1 1/2 cups) apples, quartered (replace apples with pears or mango)

Instructions:

1. Rub salt and pepper over pork chops. Heat avocado oil in large skillet.
2. Brown pork chops over high heat (about 3 minutes per side).
3. Remove from skillet and place in bottom of slow cooker.
4. Return skillet to stovetop and reduce heat to medium to melt butter.
5. Add onion and cook until onions begin to soften.
6. Add ginger and cook until fragrant (a few minutes).
7. Pour in stock, vinegar and sherry.
8. Add the apricots, nutmeg, sage leaves and cinnamon stick.
9. Bring this to a simmer (1-2 minutes).
10. While simmering, place chopped apples over the pork chops in crockpot.
11. Pour the content of skilled over chops and apples.
12. Cook on HIGH for 3 hours LOW for 6 hours

To serve:

When cooking is done, remove pork chops and apples from crockpot and place on serving plate. (Meat will be very tender and may fall off the bones. Use a spoon.)
Pour remaining liquid in a skillet and reduce over medium heat.
Pour over chops and apples.

Dish freezes well after cooking.

*Substitutions for Sherry:

- a. substitute chicken broth, water or dry red or white wine
- b. 2 tsp vanilla extract (www.livestrong.com)

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