

Pork

Southwestern Pork Chops

Taste of Home One-Dish Meals

Servings: 4

1 medium onion, chopped
2 tablespoons olive oil, divided
1 1/2 teaspoons garlic, minced
2 cans (14 1/2 oz) diced tomatoes, drained
1 can (15 oz) black beans, rinsed and drained
3/4 cup chicken broth
1 1/2 teaspoons chili powder
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
1/8 teaspoon red pepper flakes, crushed
4 6-ounce bone-in pork loin chops, cut 1/2-inch thick
1/4 teaspoon salt, .25
pepper
hot cooked rice
2 tablespoons fresh cilantro (optional), minced

In a large skillet, saute' the onion in one tablespoon of oil for 3 to 4 minutes or until tender. Add garlic; cook 1 minute longer.

Stir in the tomatoes, beans, broth, chili powder, oregano, cumin and pepper flakes. Bring to a boil. Reduce the heat; simmer, uncovered, for 4 to 5 minutes or until heated through.

Meanwhile, in a nother skillet, brown pork chops on both sides in remaining oil over medium-high heat. Sprinkle with salt and pepper. Pour tomato mixture over chops.

Cover and simmer for 10 to 15 minutes or until a meat thermometer reads 160 degrees.

Serve with a slotted spoon over rice.

Sprinkle with cilantro, if desired.

Per Serving (excluding unknown items): 249 Calories; 8g Fat (28.1% calories from fat); 12g Protein; 34g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 290mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.