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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg ***30-Minute Italian Pork Chops***  *MyPlate2Yours - Lynn Dugan* Serving Size: 6Ingredients 6 pork loin chops (1-1/2 to 2 pounds, about 1/2- to 1-inch thick)  1 tablespoon olive oil  1/2 pound fresh mushrooms, sliced  1 medium onion, sliced thin  1 garlic clove, minced  1, 14 ounce can plus 1, 8 ounce can tomato sauce  1/2 teaspoon each: salt and ground black pepper  1/2 teaspoon each: dried oregano and basil  1 tablespoon chopped fresh parsley (or 1/2 teaspoon parsley flakes)  1/4 cup red wine Directions Season pork with salt and pepper. In a hot skillet, heat oil and brown seasoned chops on both sides (about 2-3 minutes each side). Remove pork to a separate plate. In the same pan, sauté mushrooms, onions and garlic. When onions are translucent, add oregano, basil, parsley, tomato sauce, wine and a 1/2 cup water. Add pork to pan, submerge in the tomato sauce. Bring to a simmer and cook 10-20 minutes until the internal temperature of the pork is 145 to160 degrees.  Serve pork and sauce with prepared pasta or polenta. Enjoy! |