



Pan-Fried Pork Chops with Balsamic Sauce

Serves 6

Ingredients:

1 package long-grain rice
3 tablespoons flour
1 teaspoon chopped fresh rosemary
1/2 teaspoon salt
1/2 teaspoon black pepper
6 boneless pork chops
2 tablespoons olive oil
2 tablespoons butter
2 cloves garlic
1/3 cup balsamic vinegar
1 can chicken broth

Directions:

1. Cook rice according to package directions then keep warm while pork chops are being prepared.
2. In a shallow dish, combine flour, 1 teaspoon rosemary, salt and black pepper. Dredge pork chops in flour mixture.
3. In a large skillet set over medium-high heat melt oil with butter. Add garlic to skillet; saute for 1 minute. Add pork chops to skillet and cook until golden, about 4 minutes per side. Remove chops from skillet.
4. Add vinegar and broth to skillet. Stir the bottom of the pan with a wooden spoon to loosen any bits. Cook vinegar and broth until reduced by half, about 6 minutes.
5. Add pork chops back to skillet and cook until done, about 5 minutes more. Serve over rice.

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RecipeIntro: A balance of sophisticated flavors.

Week: 202012

Season: Fall

MainIngredient: Pork Chop

CookingMethod: Skillet