

TOMATO-CAPER PORK CHOPS

INGREDIENTS

- 6, 6-oz boneless center cut pork loin chops
- ½ tsp. salt
- ½ tsp. pepper
- 2 tbsp. avocado oil
- 2 cloves garlic - minced
- 4 Roma tomatoes - seeded and diced
- ¼ cup capers - drained
- 1 cup organic chicken broth
- 3 tbsp. white vinegar
- 2 tbsp. tomato paste
- 2 green onions - chopped
- 1 tbsp. chopped fresh rosemary

PREPARATION

1. Sprinkle pork with salt and pepper.
2. In a large nonstick skillet over medium-high heat, cook pork chops in 2 batches in 1 tbsp. oil per batch, for 4 minutes per side or until done. Remove from skillet; keep warm.
3. Add garlic to skillet and cook for 1 minute. Then stir in tomatoes, capers, broth, vinegar, and tomato paste.
4. Bring to a boil and cook until liquid is reduced by half and thickened.
5. Stir in onions and rosemary; serve sauce over pork.
6. Bon Appétit!

