

SKILLET PORK CHOPS WITH TOMATOES



SERVING SIZE

2



INGREDIENTS

ITEM

Boneless Pork Chops
Garlic Clove, Minced
Olive Oil
Tomatoes, Can Diced

QUANTITY

2 (½ inch thick)
1
½ tbsp.
6 Oz.

ITEM

Basil Leaves, Dried
Garlic Salt
Onion Powder
Salt
Pepper

QUANTITY

1 tsp.
½ tsp.
½ tsp.
½ tsp.
½ tsp.



PREPARATION

- Heat olive oil in a skillet over medium heat.
- Add pork chops and sear for 3–4 minutes on each side until golden brown. Remove and set aside.
- In the same skillet, add minced garlic and sauté for 30 seconds until fragrant.
- Stir in diced tomatoes, basil, garlic salt, onion powder, salt, and pepper. Let it simmer for 5 minutes.
- Return pork chops to the skillet, cover, and cook for another 5–7 minutes until fully cooked.
- Serve warm and enjoy!