



Stovetop Pork Chop

One Pot Meal - Family Friendly

High Protein - Low Sodium

Ingredients

Servings: 4

Prep Time: 5 minutes

Cook Time: 8 minutes

- 4, 1" thick **pork chops**, boneless
- 1/3 cup **all-purpose flour**
- 1 1/2 tsp. **garlic powder**
- 1 1/2 tsp. **onion powder**
- 3/4 tsp. **salt**
- 1/2 tsp. **cayenne pepper**
- 2 Tbsp. **butter**, divided

Directions

1. Stir together the flour and spices in a shallow dish.
2. Melt 1 Tbsp. butter in a skillet over medium High heat. Let it foam and then brown slightly. Swirl the butter to coat the pan.
3. Place pork chops into the flour mixture. Rotate until pork chops are completely covered. Place 2 pork chops in the hot skillet. Let them cook for 4 minutes on each side, turning only once until they are golden brown.
4. Remove from the pan and add the second tablespoon of butter to the skillet and then the remaining pork chops. Repeat the cooking method above.
5. Let the meat rest for a few minutes prior to slicing.

Recipe adapted from
Barefeetinthekitchen.com