Braised Pork with Peppers and Onions - recipe from PorkBeInspired.com

Times: 15 minutes prep, 15 minutes cook

Ingredients:

4 New York (top loin) pork chops, about 1-inch thick, trimmed

2 teaspoons olive oil

Salt and black pepper

1 tablespoon tomato paste

2 small red bell peppers, or yellow bell peppers, quartered and cut into 1/4-inch slices

1 small red onion, OR yellow onion, quartered and cut into 1/4-inch slices

4 cloves garlic, thinly sliced

1/2 cup dry red wine, (for non-alcoholic, substitute chicken or vegetable broth)

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Cooking Directions:

In a large nonstick skillet over medium heat, warm oil. Sprinkle chops with salt and pepper and cook until browned, 3 to 4 minutes per side. Remove chops to a plate and set aside. Add tomato paste to skillet and cook, stirring, for 15 seconds. Add bell peppers and onion to skillet and sprinkle with salt and pepper. Cook, stirring occasionally, until vegetables are starting to brown, about 3 minutes. Add garlic and cook, stirring occasionally, for 1 minute.

Add wine and bring to a boil, scraping up and stirring in any browned bits in the skillet. Return chops to skillet, nestling them in the liquid, and reduce to a simmer. Cover and cook 4 minutes. Turn chops, cover, and cook until internal temperature reaches 145 degrees Fahrenheit, followed by a 3-minute rest time.

Serve pork with pepper and onion mixture spooned on top.

Serves 4

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Nutrition:

Calories: 360 calories

Protein: 45 grams

Fat: 10 grams

Sodium: 320 milligrams

Cholesterol: 110 milligrams

Saturated Fat: 3 grams

Carbohydrates: 10 grams

Fiber: 2 grams

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