

Crock Pot - Cranberry Pork Chops

Makes: 12 servings

Ingredients:

- 1 tbsp canola oil
- 2 cups white onion (quartered and separated)
- 2-2.5 lb boneless pork chops
- ¼ cup balsamic vinegar
- ¼ cup brown sugar
- ½ cup apple juice
- Pepper to taste
- 2 cups fresh/frozen cranberries (Tip: Try mandarin oranges or pineapple for a different flavor)



Directions:

1. Coat crock pot with 1 tbsp canola oil. Place onions on the bottom of the crock pot.
2. Layer cranberries over onions.
3. Layer pork over cranberries
4. Combine balsamic vinegar, apple juice and brown sugar; mix well. Pour over pork. Add pepper.
5. Cook on low for 4-6 hours.
6. Once cooked, place each chop on plate. Top with cranberries and onion.
7. Optional: blend left over juices, cranberry and onion serve alongside the pork chops as a sauce.

Nutrition Facts per serving (3 oz.):

264 Calories

25 g Protein

6 g Carbohydrate

54 mg Sodium

383 mg Potassium

220 mg Phosphorus