



From the Pantry

Garlic Honey Pork Chops

This combination of sweet and savory glaze is pure deliciousness for your tastebuds. With or without the sauce, the chops are packed with flavor and oh so juicy! Go ahead and test your culinary skill, you will be pleasantly surprised.

INGREDIENTS:

4 thick cut bone-in pork chops, 1.5" to 2" thick
 ½ cup ketchup
 3 tbsp honey
 2 tbsp low sodium soy sauce
 2 cloves garlic, minced
 2 tbsp olive oil
 ½ stick butter

DIRECTIONS:

Sear chops in an iron skillet on medium to high heat with butter and olive oil for 5 minutes on each side. Do not move chop until ready to flip. Place the entire skillet in a preheated 375-degree oven for 15 to 20 minutes until the internal temperature reaches 145 degrees. Place chops on a plate and rest for 5 minutes before slicing. While chops are in the oven, mix ketchup, honey, soy sauce and garlic in a saucepan and bring to a low boil. Remove from heat and set aside to serve alongside chops.



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