

Idiot's Kitchen Recipe – Braised Pork Chops with Carrots

Recipe from idiotskitchen.com



Ingredients:

2 boneless, butterfly center cut pork chops
1-2 Tablespoons olive oil
½ cup onion, finely diced (about ½ small onion)
½ cup carrot, peeled & finely diced (about 2-3 thin carrots)
3-4 sprigs fresh thyme
1 Tablespoon flour (Gluten Free flour is fine)
½ cup chicken broth
Salt & Pepper

Heat 1-2 Tablespoons of olive oil in a large skillet (I prefer non-stick) over medium high heat. Season the pork chops on both sides with salt & pepper and add them to the pan. Brown the chops until golden, about 3-4 minutes per side. The chops will finish cooking in the broth so do not over cook them at this stage.

Remove the chops from the pan and set aside. Add the ½ cup finely diced carrot and ½ cup finely diced onion to the pan. Toss in 3-4 small sprigs of fresh thyme. Sauté the vegetables 4-5 minutes until they are just starting to become tender and slightly golden.

Stir 1 Tablespoon of flour into the vegetables to make a roux and cook for 1 minute. Add ½ cup chicken broth and stir to combine. (Add more broth as needed if it thickens too quickly.) Bring the sauce up to a boil, return the chops to the pan then turn the heat down to low, cover with a lid and simmer/braise for 20 minutes.

Remove the lid for the last 5 minutes of cooking so the sauce can thicken. Remove the stems from the thyme sprigs and discard. When the chops are tender and cooked through, serve with the sauce and carrots spooned over the top.

Serves 2 but is easily doubled or expanded. Great leftover too.

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