

Pork Chops in Country Onion Gravy

- Prep Time 10 min
- Total Time 35 min
- Servings 4

- 4 boneless pork loin chops (about 1 pound)
- 2 cups chopped onions
- 1 cup Progresso™ beef broth (from 32 oz carton)
- 1/8 teaspoon pepper
- 1/3 cup fat-free (skim) milk
- 2 tablespoons Gold Medal™ all-purpose flour



1. Generously spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook pork chops in skillet about 6 minutes, turning once, until brown on both sides. Remove pork from skillet; cover to keep warm.
2. Reduce heat to medium. Add onions to skillet; cook 3 minutes. Stir in broth and pepper. Return pork to skillet; spoon onion mixture over pork. Cover tightly and simmer 12 minutes or until pork is no longer pink and meat thermometer inserted in center reads 160°.
3. Mix milk and flour in small bowl. Add to skillet; cook 2 to 3 minutes, stirring constantly, until thickened.