

# Pork Chops in the Pressure Cooker

Yield: 4 servings  
Ingredients

- 4 thick-cut, bone-in pork chops
- 1 green pepper, chopped\*
- 1 onion, chopped\*
- 6-8 carrots, peeled & coarsely chopped\*
- 6-8 Russet potatoes, peeled & coarsely chopped\*
- 1 small can of mushrooms, with liquid, or 1-2 cups of button mushrooms coarsely chopped (your preference)
- 1 small can of tomato sauce, or homemade tomato sauce or tomato soup (your preference)



## Directions

1. Brown pork chops in a bit of olive oil in the pressure cooker, remove excess oil, and put pork chops back in.
2. Add green pepper and onion, carrots, potatoes, and mushrooms.
3. Mix tomato sauce/soup with water to equal 12 oz. Add to pressure cooking pot.
4. Secure lid of pressure cooker and bring up to pressure. Cook for 10-15 minutes.
5. Remove from heat and let the cooker come down from pressure on its own.

## Notes

For the green pepper and onion, I usually chop these roughly. However I do not leave them in big pieces. This way, they dissolve a bit, and my kids cannot find them.

For the carrots, I leave them in 1 1/2 - 2 inch pieces, so they do not dissolve.

For the potatoes, Russet potatoes hold their shape best. In this version, I did use sweet potatoes. Even with keeping the pieces big, the potatoes still broke down once cooked.

Regarding the amount of carrots and potatoes to use: it really depends upon the size of the carrots and potatoes, and the size of your pressure cooker. I only used four potatoes, because they were so big.