

Smothered Pork Chops

Recipe By: Jana Hart

"The gravy from this recipe is great with any side dish. This is my 15 year-old-sons favorite!"

Ingredients

- 1 onion, chopped
- 4 cloves crushed garlic
- 6 (3/4 inch) thick pork chops
- 1/2 cup water

- 1/3 cup all-purpose flour
- 1 (14.5 ounce) can fat-free chicken broth
- 1 tablespoon browning sauce



Directions

1. Sauté onion and garlic in a non-stick skillet coated with vegetable spray until tender. Add pork chops, and brown on both sides. Add 1/2 cup of water, and bring to a boil.
2. Whisk together, flour, chicken broth, and browning sauce until smooth. Add to skillet, stirring well. Cover and cook over low heat 30 to 45 minutes or until tender