



cara price

PORK CHOPS WITH CARMELIZED ONIONS

INGREDIENTS

- 3 large onions, peeled & sliced into rings
- 1/2 cup olive oil
- 4 boneless pork chops
- 1 teaspoon coconut sugar
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon smoked paprika

DIRECTIONS

In a large sauté pan, heat olive oil over medium-high. place onions in pan & toss them to coat in oil. cook with minimal stirring for about 30 minutes until caramelized. {i only stir my onions about every 8-10 minutes. the key to good caramelizing is to let them sit untouched for long periods of time}

while the onions are cooking, stir together dry seasonings & evenly divide among the pork chops. coating both sides with seasoning.

once the onions are done, remove them with a slotted spoon or tongs to a plate {leaving the oil in the pan}. brown pork chops in left over oil for about 5-6 minutes per side, checking for internal temperature of 160-165.when the pork is done, place onions back over the top of the meat in the pan & allow to sit on low for 3-4 minutes to rewarm onions.

serve immediately.