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Where you can find locally raised meat, milk and eggs!

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See [www.pickyourown.org/allaboutcanning.htm](http://www.pickyourown.org/allaboutcanning.htm) for many other canning directions and recipes

## Stove-top BBQ Pork Chops



Pork is still a great value, Pork loins are only about \$2 per pound, tastes great and is easy to make. Costco, Sam's Club, BJ's and your local grocery store all have pork center loins , whole or already sliced into chops, boneless or with bone-in, year round. These barbeque pork chops are so easy to make, and even the pickiest eaters like them! The freeze GREAT, too, so make a big batch, and freeze the excess for an easy to reheat meal another night!

Prep time: about 30 minutes

Cooking time: about 3 hours

Yield: 10 servings per 5 lb

Easy to make!

## Ingredients

- Center loin pork, whole or sliced into chops, or any other pork chops with or without bones
- 1/4 cup vegetable oil
- 6 medium sweet onions, sliced (1/4 to 1/2 inch thick slices)



For the sauce

- Six 24-ounce cans of tomato sauce
- 1/4 cup lemon juice
- 2 Tablespoons Worcestershire sauce
- 1 teaspoon ground black pepper
- 1/4 cup brown sugar (Or Truvia/Stevia, Splenda, agave, etc, if you prefer)
- 1 teaspoon minced garlic
- Note: if you are in a hurry, you can use Catsup in place of the tomato sauce



## Equipment

- Large cooking pot (12 to 16 quart)
- Cutting board, knife

## Directions

### Step 1 - Slice the pork into 1/2 inch slices

If the pork is not already cut into chops, slice off the excess fat and then cut it into 1/2 inch thick slices.

### Step 2 - Brown the pork, slice the onions

Put 1/4 cup of vegetable oil in a large non-stick pot. Heat over medium-high heat, and before the oil starts to smoke or burn, add the pork chops.

Sear (brown) the pork on both sides (well you can't really do the ends).

A splatter screen helps a lot. Also, notice that I use a deep pot rather than a frying pan.

This really helps to contain the oil from splattering, making a mess and burning you!

This will take about 10 minutes. (5 minutes per side)

While it is browning, slice the onions. I prefer wide, thick slices.



### **Step 3 - Drain the oil, add the onions**

When all the pork chops are browned drain (and discard) the oil, fat from them.

Put all of the sliced onions in the bottom of the pot, then put the browned chops on top of them.

Then add enough apple juice to about 2/3 of the way to the top of the chops.

The onions will cook down and it will be enough liquid.

Turn the heat on medium.

Keep an eye on the pot from time to time, so it will slowly simmer, not a full boil.

### **Step 4 - Prepare the sauce**

Mix the ingredients for the sauce together in a second pot. No need to heat the pot yet, just get it ready.





**Step 5 - Cook the pork chops for about 3 hours**

Cook until the meat is tender and 2.5 to 3 hours.



**Step 6 - Drain liquids and save**

Take the pot of chops off the stove.

Pour off the liquids from the pork chops and set the liquids aside.

Return any onions to the pot with the chops.

Add enough of these liquids to the sauce, just to make the sauce a consistency you like and add flavor to it.



**Step 7 - Pour this sauce on the chops, reheat and serve**

Pour the sauce on the chops in the pot and return to the stove. Heat again over medium heat until hot and serve!

Traditionally served with applesauce and a vegetable like steamed broccoli!



