

# Delicious Smothered Pork Chops



MACROS: 2 Servings

calories.

268

net carbs.

2.5g

protein.

15g

fat

21

## INGREDIENTS

Perfect Pork Chops- 2 servings

- 2 bone in pork chops
- 2 T butter and/or Avocado oil
- salt/ pepper

## DIRECTIONS

Let your cast iron skillet heat up for about two minutes and drop your butter and avocado oil in the pan and let melt. In the meantime, coat your chops with salt and pepper liberally. When skillet is heated thoroughly, drop in your pork chops and let them sear on one side for 4-7 minutes, depending on the thickness. We had to cook ours 8 minutes on each side they were so thick.

Flip the pork chops, and your pork chop should have a gorgeous caramelized color. Let them cook for the same amount of time and the other side to get that temp up to 135-140f.

Take out of the pan and let set for the same amount of time you cooked it so the moisture can disperse evenly back into your cooked pork chop.

While your pork chop is cooling, you can start your gravy

## GRAVY

Onion Gravy

- 1/4 onion, chopped
- 2-3 cloves garlic, minced
- 1/2t both sage and thyme if desired.
- 1-2c of cabbage sliced very very thin, like an onion
- 1/2c beef bone broth. Any flavor stock will do as well.
- 1/4 c heavy cream
- 1/4t xanthan gum
- salt

## DIRECTIONS

You can add some more butter or oil to the skillet you just used if desired, before putting onion and garlic to sauté. Let onion caramelize a little bit, about 10 minutes, and add your cabbage to caramelize as well.

When it is nice and brown, add spices, then bone broth. Next add your canton gum to thicken your sauce a bit. Turn down heat to low and add cream, letting everything simmer until it is your desired thickness.