



## PORK CHOP SKILLET

### INGREDIENTS

- 4 pork chops or loins, cut ½ inch thick
- 1 tbsp canola oil
- 8 ounces white mushrooms, sliced
- 1 small onion or ½ large, diced
- 1 tbsp flour
- 1 14.5-ounce can of green beans
- 2 fresh potatoes, sliced or 2 cans of potatoes
- 1 12-ounce can low-fat evaporated milk
- 1 tsp garlic powder
- Salt and pepper to taste

### PREPARATION

1. In a large skillet, heat canola oil over medium-high heat. Sear pork chops 2 minutes on each side.
2. Remove pork chops and set aside on a clean plate. Using the same pan, add mushrooms and onions. Cook until tender.
3. Sprinkle flour over onions and mushroom mixture. While stirring, cook until the mixture is coated and slightly brown.
4. Fork together garlic powder, salt and pepper with evaporated milk. Slowly pour milk into flour and vegetable mixture until combined. Cook until simmering, stirring occasionally.
5. Stir in potatoes and green beans. Place pork chops on top of the vegetables. Bring the pan back to a simmer.
6. Reduce heat to low and simmer, covered, for 10 minutes or until heated through and pork chops read 145°F on a meat thermometer.

