



## Simple Pork Chops with Sauerkraut

**Active Time:** 20 minutes | **Total Time:** 1 hour | **Serves:** 4

### Nutrition Information Per Serving

353.8 calories, 5.17 g carbohydrate, 1.16 g fiber, 4.01 g NET carbs, 34.65 g protein, 20.35 g fat

#### Ingredients

- 2 cup(s) Bubbies Old Fashioned Sauerkraut
- 6 tsp(s) Coconut Secret Coconut Aminos
- 4 -6 oz. chop(s) boneless pastured pork chops
- 1 small yellow onion, sliced
- 2 Tbsp(s) coconut oil
- 2 Tbsp(s) apple cider vinegar
- 1/4 tsp(s) sea salt

#### Preparation

1. Marinate the pork chops. Combine coconut aminos, apple cider vinegar and salt in a plastic zip-top bag. Add pork chops and marinate 20 minutes.
2. In a large pot over medium-high, add half the oil. Sauté the onions for 10 minutes, or until they begin to caramelize. Add sauerkraut to the pot with the sautéed onions, stir well to incorporate. Cover and keep warm.
3. Add oil to a large cast iron skillet or heavy pan over medium-high heat. Add the pork chops to the pan, taking care to not overcrowd.
4. Cook pork chops for 4 minutes to golden brown; then flip and cook until internal temperature reaches 160F.
5. Plate pork chops with sauerkraut. Serve.

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