Pork Chops Paprikash

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INGREDIENTS

2 pork chops, bone-in center cut (approximately 6 oz. each and ½" thick)

½ tsp. garlic powder

½ tsp. salt

½ tsp. black pepper

1 ¼ tsp. paprika, divided

2 T. butter

2 C. thinly sliced yellow onion

½ C. sauerkraut, drained and patted dry

3 T. sour cream

DIRECTIONS

1. Preheat broiler, place oven rack to the 2nd rung or 4-5" from heat source.
2. Place pork chops on a broiling pan, season both sides with garlic powder, salt, pepper and 1 tsp. of the paprika (reserving ¼ tsp for later); set aside.
3. In a large frying pan over medium/medium high heat, melt butter. Add onions and cook stirring frequently about 8-10 minutes or until lightly browned and caramelized. (After caramelizing, turn burner down to low keeping warm until ready to serve, if necessary.)
4. Meanwhile, broil pork chops 4-5 minutes each side. Cover and set aside to rest 5 minutes.
5. Add sauerkraut to onions; heat through. Add sour cream and remaining ¼ tsp. paprika, stir to mix.
6. Plate the onion mixture and serve the pork chops on top.

SERVINGS: 2

NUTRITION INFO

Calories — 403   Fat — 14 g   Protein — 37 g
Carbs — 8 g   Fiber — 3 g   Net Carbs — 5 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.