

## **CROCK-POT FRUITY PORK CHOPS**

Source: Quick Cooking March/April 2002 (Bonnie Baumgardner)

Prep/Cooking Time: 7+ hours

### **INGREDIENTS:**

4 bone-in pork chops (1" thick)	1/2 tsp salt
1/4 tsp pepper	1/8 tsp dried rosemary crushed
1/8 tsp dill weed	1/8 tsp ground ginger
2 TBS vegetable oil	1 can (15 oz) fruit cocktail
2 TBS red wine vinegar or cider vinegar	1 TBS prepared mustard
1/4 tsp grated orange peel	2 TBS cornstarch
2 TBS cold water	

### **DIRECTIONS:**

Sprinkle pork chops with salt, pepper, rosemary dill & ginger. In skillet, brown chops on both sides in oil & transfer to crock-pot. Drain fruit cocktail, reserving juice - refrigerate fruit cocktail. In bowl, combine vinegar, mustard, orange peel & reserved juice. Pour over pork. Cover/cook on low 7-8 hours or till meat is tender.

Remove chops & keep warm. Strain cooking liquid into small saucepan - combine cornstarch & water till smooth - stir into cooking liquid - bring to boil & cook, stirring, 2 minutes or till thickened & bubbly. Add fruit cocktail - heat through. Serve over pork chops.

Serves: 2-4