

Low Carb Smothered Pork Chops

SOURCE: www.lowcarbluxury.com/recipes

Ingredients:

- 1 TBS arrowroot (or 1/2 Tablespoon not/Starch)
- 1 can (14 1/2 oz) Beef Broth
- 1/8 tsp pepper
- 2 TBS butter
- 6 Pork Chops, 1/2" thick (center cut or boneless)
- 1 medium onion, sliced

DIRECTIONS:

Mix arrowroot (or not/Starch), broth + pepper. Melt butter in skillet and sauté chops, cooking till browned. Remove chops and set aside. Lower skillet heat a bit - add onion (add extra butter if needed) - cook till tender-crisp. Add broth mixture. Cook till mixture boils and thickens, stirring. Return chops to skillet. Cover and cook over low heat 5 minutes or till done.

Serves 6 -- 2 grams of carbs per serving