

## Pork chop skillet



## About this recipe

Serves

4

Serving size

1 pork chop, 1 cup vegetable mixture

Special criteria

[Food shelf friendly](#)

[Family Favorites](#)

## Ingredients

- 4 - pork chops or loins, cut 1/2 inch thick

- 1 Tablespoon canola oil
- 8 ounces white mushrooms, sliced
- 1 small onion or 1/2 large, diced
- 1 Tablespoon 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 teaspoon garlic powder
- Salt and pepper to taste

## Directions

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.

## Tips and variations

- Chicken breasts can be substituted easily for pork chops. Be sure to cook chicken to 165°F by cooking 3-5 minutes longer.
- Try using fresh green beans with in season.
- Garnish or season with dried or fresh rosemary, thyme, or chives from the garden or farmers market.

## Recipe video

## Nutritional info

Calories

350

Total fat

10 g

Saturated fat

3 g

Cholesterol

80 mg

Sodium

170 mg

Total carbohydrates

30 g

Dietary fiber

4 g

Protein

35 g

Total sugar

9 g

## View other recipe categories

- [Beverages](#)
- [Breads](#)
- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)

**You may also like**

