



Another delicious recipe from  
*Tanya's Kitchen*

## **Mushroom Smothered Pork Chops**

### **Ingredients**

3 medium thick pork chops  
1 onion  
½ pound mushrooms  
1 can chicken stock  
1 clove garlic  
Salt and pepper  
Parsley  
1 tablespoon flour  
A little olive oil  
A little water

### **Directions**

- Season pork chops with salt and pepper
- Put olive oil in skillet, then sear pork chops on both sides until golden brown
- Slice onion and mushrooms
- Remove the pork chops and sauté onion and mushrooms in skillet
- Once onion and mushrooms are cooked, deglaze the pan with the chicken stock.
- Add the flour and water to sauce to thicken
- Put pork chops back in skillet and reduce the heat
- Then add parsley and serve
- You can find all these ingredients at all your Foster's Food Fair IGA stores