

Crock Pot Applesauce Pork Chops



This is serious comfort food. Nothing says autumn like a trip to the orchard. Make this meal a family event by going apple picking and cooking together.

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Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 1080 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 52.4%

Protein: 18.6%

Fat: 28.9%

Make it for the whole family:

<https://www.geniuskitchen.com/recipe/apple-pork-chops-in-the-crock-pot-396044>

Crock Pot Applesauce Pork Chops

Ingredients

- 1 medium onion, chopped
- 18 ounces of pork chops
- 3 medium apples, chopped
- 6 tablespoon brown sugar
- 1 ½ tablespoon ground mustard seed
- ½ teaspoon ground clove
- 1 cup applesauce
- ¾ cup apple juice
- 2 tablespoon butter
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- 4 cups cooked brown rice
- 4 cups steamed green beans
- 4 teaspoons olive oil (for blend only)

Kitchen Gear

Food Scale

Crockpot

Saute pan

Measuring tools:

- 1 cup, ¾ cup
- Tablespoon, ½ tablespoon
- ½ teaspoon, ⅛ teaspoon

Preparation

For the whole Family:

1. Saute onions and apples in butter and then place in crock pot. Add pork chops to crock pot. Add applesauce, spices, and apple juice.
2. Cook on low 8-10 hours or high for 4 hours.
3. Serve with cooked brown rice and green beans on the side.*

To Blend:

1. Add ⅓ portion of pork chops, 1 ⅓ cups cooked rice, 1 ⅓ cups steamed green beans, and 4 teaspoons of olive oil to the blender and blend until smooth. Strain if necessary.
2. Thin as desired with water, broth, or other fluid such as milk or milk alternative.

Tips

To cook the brown rice use 1 cup of uncooked rice and 1 ¾ cups of water and follow directions on package.

For a quicker and more flavorful option try searing the pork chop on both sides for 2 minutes before placing in crock pot.



For more recipes and information visit www.CookingForTubies.com
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