

Firehouse Recipe Favorites

Presented by Battalion Chief Tim Vasin

Pork Chop Delite

Recipe serves 4

Ingredients:

- 4- boneless pork chops minimum ½-inch thick (1 inch preferred)
- 1- 15 ounce can of white corn
- 1- 15 ounce can black beans
- 1 1/2 cups uncooked brown rice
- 1- yellow onion
- 1- bunch of cilantro
- 10 ounces *Pace* Picante sauce (medium heat)
- 3-4- ounces avocado oil

Cook the rice until done and set aside. Julienne cut half the yellow onion. Drain white corn and beans and set aside. Season pork chops with seasoning of choice (I prefer *Emeril Lagasse* Cajun seasoning). In a large cast iron skillet, sauté onions over medium heat. Set onions aside once sauté' d. Heat skillet on high heat. Add avocado oil and let sit for 30 seconds. Add pork chops and sauté each side until browned. Turn down heat to low. Add onions, corn, and black beans to pork chops. Pour picante sauce over corn, beans, and pork chops. Give the skillet a shake until mixture has incorporated. Simmer for 10 minutes or until pork chops are cooked through. Add chopped cilantro. Serve over a bed of brown rice.

