

# Sour Cream Pork Chops

THM-Friendly: S

These are so ridiculously flavorful and delicious, they'll be sure to become a new favorite of your whole family.

- 1/2 cup onion, diced (I use frozen)
- 1 pound mushrooms, fresh sliced
- 2 Tbsp. butter
- 8 - 10 thin-sliced, center-cut boneless pork chops (I use these because they are usually very economical. You could use thicker cuts, but you will need to cook longer.)
- 1/3 cup sour cream
- 2 cups beef or chicken broth
- 1/3 cup heavy cream
- 1/2 tsp. mineral salt
- pepper to taste

Melt butter and sauté onions and mushrooms until tender and browned. Push to the side of the pan and sear both sides of all chops.

In a separate bowl, mix sour cream, broth, heavy cream, and salt together. Pour over chops. Lower heat and simmer for about 10 minutes, or until pork is cooked through.

I serve mine over shredded sauteed cabbage with the sauce poured on top.

DECADENCE.

enJOY!

