



## Smothered Pork Chops

with Cheddar Grits & Green Beans



30-40min



2 Servings

Ever wondered what a food hug is? Well, look no further, this dish is it. Juicy pork chops are treated to a spice rub, seared, creating a flavorful crust, then “smothered” in a rich onion gravy. They’re served with creamy, quick-cooking grits mixed with sharp cheddar cheese—perfect for soaking up the gravy, because you won’t want to waste a drop. Cook, relax, and enjoy!



## What we send

• 1

## What you need

- 2 tablespoons butter <sup>1</sup>
- all-purpose flour <sup>2</sup>
- kosher salt & ground pepper
- olive oil

## Tools

- colander
- medium skillet
- small saucepan

## Allergens

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 740kcal, Fat 42g, Carbs 49g, Protein 43g



### 1. Prep ingredients

Trim stem ends from **green beans**. Peel and thinly slice **1 large garlic clove**. Coarsely chop **cheddar**. Halve, peel, and thinly slice **all of the onion**. In a small bowl, combine **1½ teaspoons of the chili powder** (save rest for own use), **½ teaspoon salt**, and **a few grinds pepper**. Pat **pork chops** dry and trim any excess fat to ¼-inch; season all over with spice rub.



### 4. Cook pork chops & onions

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add **pork chops** and cook until browned, about 2 minutes per side. Transfer to a plate and cover to keep warm. Add **onions** to skillet over medium-high heat, cover, and cook, stirring occasionally, until softened, about 3 minutes.



### 2. Steam green beans

Fill a medium skillet with **½ inch of water** and bring to a boil over high. Add **green beans, garlic**, and **1 teaspoon salt** to skillet. Reduce heat to medium, cover and steam until green beans are just tender, 2-3 minutes. Drain, transfer to a bowl, and cover to keep warm. Wipe skillet dry and reserve for step 4.



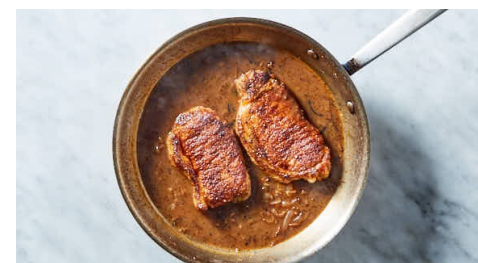
### 5. Cook gravy

Uncover skillet, season **onions** with **¼ teaspoon salt**. Cook, until onions are golden brown, 3-5 minutes (reduce heat if browning too quickly). Add **1 tablespoon flour** and cook until toasted, about 1 minute. Stir in **1¼ cups water** and **broth concentrate**; bring to a boil.



### 3. Cook grits

Meanwhile, in a small saucepan, bring **2 cups water** and **½ teaspoon salt** to a boil. Stir in grits. Reduce heat to low and cook, stirring occasionally to prevent sticking, until grits are tender, about 7 minutes. Stir in **cheddar** and **1 tablespoon butter**; season to taste with **salt** and **pepper**. Cover to keep warm.



### 6. Finish & serve

Add **pork chops and any juices** to skillet. Reduce heat to medium and simmer, covered, until sauce is slightly thickened, about 5 minutes. Remove from heat, and stir in **1 tablespoon butter**; season to taste with **salt** and **pepper**. Serve **grits** with **pork chops** and **green beans**, and smother everything with **gravy**. Enjoy!