



Smothered Pork Chop

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 first coated in a warm spice rub, then seared to create a flavorful crust, and finally, “smothered” in a rich onion gravy. They’re served with creamy, quick-cooking grits mixed with cheddar cheese, perfect for soaking up the gravy.

What we send

- ½ lb green beans
- garlic (use 1 large clove)
- 2 (¾ oz) pieces sharp cheddar ⁷
- 1 medium red onion
- chili powder (use 1½ tsp)
- 12 oz boneless pork chops
- 3 oz grits
- 1 pkt turkey broth concentrate

What you need

- kosher salt & ground pepper
- butter ⁷
- olive oil
- all-purpose flour ¹

Tools

- medium skillet
- colander
- small saucepan

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 42g, Carbs 51g, Protein 43g



1. Prep ingredients

Trim **green beans**. Peel and thinly slice **1 large garlic clove**. Coarsely chop **all of the cheddar**. Halve, peel, and thinly slice **all of the onion**. In a small bowl, combine **1½ teaspoons of the chili powder**, **½ teaspoon salt**, and **a few grinds of 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. Cover and cook over medium-high heat, stirring occasionally, until softened, about 3 minutes.



2. Steam green beans

Fill a medium skillet with **½ inch water** and bring to a boil. Add **green beans**, **sliced garlic**, and **1 teaspoon salt** to skillet. Reduce heat to medium, cover, and cook 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.



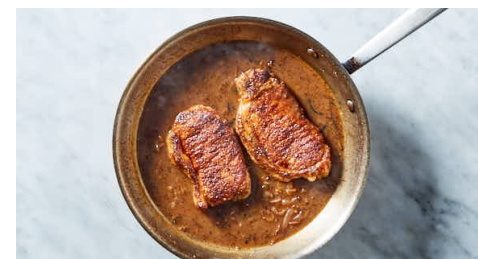
5. Cook gravy

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



3. Cook grits

Meanwhile, in a small saucepan, bring **2 cups water** and **a pinch of 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** until melted; season to taste with **salt** and **pepper**. Cover to keep warm.



6. Finish & serve

Add **pork chops and any juices** to same 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** topped with **pork chops** and **green beans**, all smothered in **gravy**. Enjoy!