

Pork Chops in Cream of Mushroom Sauce



For The Pork Chops:

- 6 Boneless Pork Chops
- 1 TBSP Butter
- 1 TBSP Olive Oil
- 1 tsp Thyme
- 1 tsp Paprika
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/4 tsp Salt
- 1/2 tsp Pepper

For the Cream of Mushroom Sauce

- 1 TBSP Butter
- 1/4 Onion Chopped
- 1 Cup Chopped Mushrooms
- 2 cloves garlic or 2 tsp minced garlic
- 1 Cup Chicken Broth
- 1 Cup Heavy Cream
- 1 Packet Keto Chow Cream of Mushroom Soup
- 1 TBSP Parsley
- Salt and Pepper to taste

Directions

Pat pork chops dry and drizzle on olive oil and seasonings on both sides. Place pan on medium high heat and add Olive Oil and place pork chops in the pan once the pan is hot enough. You want to sear your pork chops to where they have a nice crust on them. Once they are done, remove them from the pan and set them aside.

In the same pan, leaving in the drippings from the pork chops, add in butter and start to Sautee and place in onion, mushrooms and garlic in that order. Once you add in the garlic you will only Sautee about 30 seconds.

Add in the remaining ingredients and salt and pepper the sauce to taste. Make sure you mix the sauce well after adding in the keto chow cream of mushroom packet. It will dissolve as you stir.

Once your sauce cooks about 10 minutes and has thickened up, place pork chops back into the sauce and let them warm back up and flip them so they are covered on both sides.

Serve with Cauliflower Rice or Cauliflower Mash



Servings

6

Macros Per Serving

Net Carbs	2
Fiber	2
Total Carbs	4
Protein	13
Fat	20
Calories	256

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