

Creamy Garlic Parmesan Pork Chops

Ingredients:

6 Boneless Porkchops (3-4 oz)
1 TBSP Butter
1 TBSP Olive Oil
1/2 Onion Chopped
4 cloves Minced Garlic
1/2 Cup Chicken Broth
1 Cup Heavy Cream
1 tsp Garlic Powder
1/2 tsp Pepper
1/4 tsp Salt
3/4 Cup Parmesan Cheese
1 TBSP Parsley
1 tsp Thyme
1 tsp Paprika



Instructions:

Season each porkchop with salt, pepper and paprika

Add butter and oil into a skillet on medium high and sear pork chops until they reach about 145 in temperature. Until browned on the outside. Set the porkchops aside.

Leave in drippings in the skillet. Add onion and garlic to the skillet. Saute onion until translucent and cook garlic until fragrant about 4 to 5 minutes.

Add in the chicken broth and heavy cream and mix until well combined. Add in the remaining ingredients Thyme and parsley and garlic powder

Reduce heat to a simmer to thicken the sauce and allow to simmer about 10 to 15 minutes

Once sauce is thickened add pork chops back into pan and cook to reheat about 5 minutes

Serve with Cauliflower Rice and Veggies.

Servings: 6

Serving Size 1 Pork Chop

Macros Per Serving:

Net Carbs: <1 Fiber: 0 Total Carbs: <1 Protein: 26 Fat: 27 Calories: 349
