

Pork Chops One Pan Supper

Ingredients

2 (6 ounce) boneless pork chops
1 large onion, sliced
1 (14 1/2 ounce) can stewed tomatoes, we like Italian flavored
2 medium potatoes, peeled and quartered...
1/2 cup broccoli spear
1/2 cup cauliflower, spears
salt and pepper
vegetable oil cooking spray

Directions:

Spray a medium size frypan with veggies cooking spray; heat to medium high.

Add pork chops and sear on all side, about 5 minutes.

Add onion slices and cook 'til transparent and just turning brown, about 5 minutes.

Add stewed tomatoes; bring to a simmer, cover and simmer for 30 minutes.

Add potatoes around the outside of the pan; simmer 15 minutes, add broccoli and cauliflower and sprinkle with salt and pepper; simmer a further 15 minutes or 'til the potatoes are cooked through.

Serve hot.

source:world-recipes.co