

Teriyaki pork chops

Preparation Time: 5 minutes

Total Time: 5 hours, 5 minutes

Serves: 3-6

Ingredients

2-lbs bone-in pork chops (about 3 large or 4 medium chops)

4 cloves garlic, crushed

2 tablespoons brown sugar

2 tablespoons rice vinegar

1/4 cup (60 ml) soy sauce

1/3 cup (80 ml) chicken broth

1 teaspoon fresh ginger, minced (or 1/4 teaspoon ground ginger)

Directions

1. Place the pork chops at the bottom of the slow cooker and combine the remaining ingredients (soy sauce, broth, vinegar, garlic, ginger and sugar) in a bowl. 2. Pour the soy sauce mixture over the pork chops and cook on low for 5 hours before removing the pork and serving on a bed of white rice. **Pro tip:** Those sweet and salty juices in the slow cooker are too good to waste, so pour them through a sieve into a small pan and reduce a little to serve alongside the finished dish. Pork chops cooked in a slow cooker also tend to be dry, even while falling apart with a fork. You'll want to get back some of that moisture with the juices.

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Sweet potatoes or peppery green leaves are good accompaniments. Or, serve the teriyaki chops with egg noodles for a change. Teriyaki? Teri-yummy!