

Our State eats

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Crock-Pot Italian Pork Chops

- 4 to 6 lean pork chops
- 1 tablespoon oil
- ½ pound fresh mushrooms, sliced
- 1 medium onion, chopped
- 1 clove garlic, minced
- 2 (8-ounce) cans tomato sauce
- ¼ cup dry sherry or water
- 1 tablespoon lemon juice
- ½ teaspoon each of salt and pepper
- 1 tablespoon parsley flakes
- ½ teaspoon oregano
- ½ teaspoon basil
- 2 medium green peppers, cut into rings
- Egg noodles, for serving

Trim excess fat off pork chops. In a medium skillet, heat oil and brown chops on both sides. Drain pork chops on paper towels. Put mushrooms, onions, and garlic in the bottom of a Crock-Pot. Arrange pork chops on top of vegetables. In a bowl, combine tomato sauce, sherry (or water), lemon juice, salt, and spices. Pour over chops. Cover and cook on low for 7 to 9 hours. Thirty minutes before serving, add green pepper on top of chops. Serve over egg noodles.



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