**French Onion Pork Chops**

RECIPE

**INGREDIENTS**

* 24 pork chops
* **1/3** cup olive oil
* 12 onions, cut in half & sliced
* ½ pound butter
* 7 ½ cups low sodium beef stock
* Salt and pepper
* 1 tablespoon dried thyme
* 1 ½ teaspoons garlic powder
* 15 tablespoons flour
* 24 slices Swiss or mozzarella cheese

**DIRECTIONS**

1. Preheat oven to 350 degrees. Fan speed low. Spray a 2” pan with non-stick spray.
2. Season chops with salt, pepper, thyme and garlic powder. Add oil to skillet and brown chops on both sides over medium-high heat. When browned, place chops in prepared pan. Cover each chop with a slice of cheese.
3. Melt butter in same skillet. Add sliced onions and sauté for 3-5 minutes, until soft. Add 1½ cups beef stock and cook for 12- 15 minutes stirring occasionally until tender.
4. Sprinkle onions with flour. Stir and cook for 1 minute. Add remaining beef stock and stir until it comes to a boil. Pour onion mixture over chops.
5. Bake for 8-10 minutes. Internal temperature should be 145 degrees. Serve chops with a spoon of the cooked onions on top.

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| **Prep Time:** 20 minutes | **Cook Time:** 45-55 minutes | **Total Time:** 65-75 minutes | **Yield:** 24 servings |