**Sweet Onion Pork Chops**

RECIPE



**INGREDIENTS**

* 24 pork chops
* 6 tablespoons oil
* 3 large onions, chopped
* 1 ½ cup pineapple juice
* 6 tablespoons brown sugar
* 6 tablespoons cider vinegar
* 1 ½ teaspoons salt

**DIRECTIONS**

1. Preheat oven to 350 degrees. Spray a 2” pan with non-stick spray.
2. Heat oil in a skillet and brown chops 2-3 minutes on each side. (You can also saute onions in skillet until soft before adding to pan if desired).
3. Place chopped onions in bottom of pan and place browned chops on top.
4. In a bowl, combine pineapple juice, brown sugar, cider vinegar and salt. Pour over chops
5. Bake at 350 degrees for 45-55 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 |