NOURISHING YOU - Slow Cooker Pork Chops with Apples and Onions

Recipe by Ben Taylor
Serves 4

With school back in session and fall activities ramping up, an easy, delicious slow cooker dinner hits the mark. And something about a good pork chop with fresh apples just feels like fall.

All this recipe takes is a few minutes to chop the apples and onions, and trim the pork chops (if needed). Then throw everything in the slow cooker and walk away!

Ingredients

- 4 thick cut pork chops
- 1 medium onion
- 2 large or one jumbo Honeycrisp apple (or another sweet-tart variety you have on hand)
- ½ cup barbecue sauce
- ¼ cup water
1. Thinly slice your apples and onions and transfer them to the bowl of a 4-quart slow cooker with a high heat setting. Toss them together gently to combine and spread the mixture to cover the base of the slow cooker.

2. Place the pork chops on top of the apple and onion mixture, spacing them evenly apart from one another.

3. In a small bowl, whisk together the barbecue sauce and water.

4. Pour the runny sauce over the pork chops, making sure each one is evenly coated.

5. Cover and cook on high for 2 hours or until the juices run clear.

Note: if you use thinner pork chops, you will probably only need to cook on high for 1 hour or low for 1½ to 2 hours.

Nutrition information (serving size 1 pork chop): Calories 369 | Carbs 28.5 g | Fat 20.2 g | Protein 18.6 g