



Creamy Mushroom Smothered Pork Chops



prep time
15 minutes



total time
31-35 min



servings
4
pork chops

Ingredients

- 4 (1-inch-thick) boneless pork chops, approximately 5 ounces raw each ~ 18 protein servings, 6 fat servings
- 8 ounces/240 grams cremini mushrooms ~ 2 veggie servings
- 2 tablespoons extra-virgin olive oil ~ 2 fat servings
- 1/2 cup unsweetened full-fat coconut milk ~ 2 fat servings
- 1/2 cup water
- 1 tablespoon finely chopped fresh rosemary leaves
- 1/2 teaspoons kosher salt, divided
- 1/2 teaspoon freshly ground black pepper
- 2 cloves garlic

Instructions

- 1 Season pork chops with 1 teaspoon kosher salt and 1/2 teaspoon black pepper.
- 2 Finely chop 2 cloves garlic and 1 tablespoon fresh rosemary leaves and place in a small bowl. Thinly slice 8 ounces cremini mushrooms.
- 3 Heat extra-virgin olive oil in a large skillet over medium-high heat until shimmering. Add the pork chops, working in batches if needed, and sear until golden brown, 3 to 4 minutes per side. Transfer to a plate.
- 4 Add the mushrooms and remaining 1/2 teaspoon kosher salt and sauté until browned, about 6 minutes. Add the garlic and rosemary and cook until fragrant, about 1 minute.



- 5 Whisk in 1/2 cup coconut milk and 1/2 cup water, and return the pork and any accumulated juices to the pan. Bring to a simmer and cook until the pork chops reach an internal temperature of 145°F, 3 to 5 minutes.

Whole Recipe Breakdown:
18 Servings Protein
0 Servings Carb
10 Servings Fat
2 Servings Veggies