



Preparation: 10 minutes | Cooking: 20 minutes | Servings: 4

Ingredients:

- 4 boneless pork loin chops (3/4 inch thick and 4 ounces each)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 teaspoons canola oil, divided
- 1/3 cup chopped green pepper
- 1/3 cup thinly sliced onion
- 1 can (14-1/2 ounces) reduced-sodium beef broth
- 1 can (8 ounces) unsweetened pineapple chunks, undrained
- 1/4 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon cider vinegar
- 2 tablespoons cornstarch
- 3 tablespoons cold water
- Hot cooked rice, optional

Instructions:

Sprinkle pork chops with salt and pepper. Heat 2 teaspoons of oil in a large nonstick skillet over medium heat. Cook pork chops until lightly browned, 3 to 4 minutes on each side. Remove and keep warm. In the same skillet, sauté green pepper and onion in the remaining 1 teaspoon of oil until almost tender, about 2 minutes. Stir in broth, pineapple, ketchup, brown sugar and vinegar. Bring to a boil. Return pork to the pan. Reduce heat, cover and simmer until a thermometer inserted in the pork reads 145°, 5 to 7 minutes. Remove and keep warm. Combine cornstarch and water until smooth, then stir into the skillet. Bring to a boil; cook and stir until thickened, 1 to 2 minutes. Serve with pork and, if desired, rice.