

Meal Planning on a Budget:
Pork Chops

Ingredients:

3 tbsp olive oil
2 tbsp brown sugar
1 tbsp soy sauce
1 tbsp Worcestershire sauce
1 tsp lemon juice
3 or 4 boneless pork chops
2 boneless sirloin steaks
Salt and pepper to taste

Directions:

In a large bowl, combine sugar, soy sauce, Worcestershire sauce, lemon juice and salt & pepper. Add in pork chops and flip to coat both sides. Set aside.

Heat olive oil in frying pan over medium heat. Cook pork chops for 2-3 minutes on the first side. Flip and cook until the chops are a golden brown on the other side, about another 2-4 minutes.

These pork chops will be served with Grilled Asparagus and Rice:

Grilled Asparagus

Ingredients: Fresh asparagus; 2 tbsp olive oil; salt and pepper to taste

Directions: Preheat oven to 400 degrees. Prepare a cookie sheet with aluminum foil. Cut off the woody ends of the asparagus. Drizzle with olive oil; season with salt & pepper. Place asparagus directly on grill for 10-15 minutes, depending on thickness and desired crispiness.

Rice

Pick up a bag of your favorite rice – white, brown, Jasmine, saffron, whatever! Prepare according to the directions on the bag or box.