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Crock Pot Saucy Chops

Prep Cook Time: 9+ hours

SERVES 4

Ingredients:

1.5 lbs boneless pork chops
1 teaspoon garlic powder
2 ½ cups ketchup
½ cup brown sugar
1 tablespoon liquid smoke
1 cup onion, chopped
1 box dirty rice
Cooking spray
Salt & pepper

Steps

1. Season chops with salt, pepper and garlic powder. Coat skillet with cooking spray and brown chops on both sides.
2. Combine ketchup, brown sugar and liquid smoke in a bowl. Place onions in crock pot. Dip browned chops in sauce and place on onions. Pour remaining sauce over chops. Cover and cook on low for 7-9 hours.
3. Right before serving, cook rice according to package directions. Serve Pork Chops over rice.