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## Pineapple Pork

Prep Cook Time: 6 hours (Crock pot recipe)

SERVES 4

### Ingredients

2 lbs boneless pork loin chops

Cooking spray

¼ teaspoon pepper

¼ teaspoon paprika

20 oz can unsweetened crushed pineapple

2 Tablespoons Dijon mustard

2 Tablespoons fast-cooking tapioca, optional

### Steps

1. Place pork chops in crock pot sprayed with cooking spray.
2. Combine dry spices. Mix with pineapple & mustard then pour over chops.
3. Cover; cook on low 6 hours. If desired, 30 minutes before the end of cooking time, stir in tapioca to thicken juices.