



Pineapple Pork Chops

Serve these pineapple pork chops alongside white rice with some of the sweet sauce ladled over top.

Recipe by **BREANNA20** | Updated on January 13, 2023

Prep Time: 5 mins

Cook Time: 45 mins

Total Time: 50 mins

Ingredients

- 1 tablespoon olive oil
- 4 boneless pork chops
- 1 (14.5 ounce) can chicken broth
- 2 tablespoons soy sauce
- 1 tablespoon vinegar
- ½ cup pineapple juice
- 2 tablespoons brown sugar
- 2 tablespoons cornstarch
- 1 (15 ounce) can pineapple chunks, drained (Optional)

Directions

Step 1

Heat oil in a skillet over medium heat. Sear pork chops in the hot skillet for 5 minutes per side. Transfer chops to a plate.

Step 2

Add broth, soy sauce, and vinegar to the skillet; bring to a boil. Return chops to the skillet, reduce the heat, and simmer until no longer pink in the center, about 20 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C). Turn off the heat; transfer chops to a plate and keep warm. Leave cooking liquid in the skillet.

Step 3

Stir pineapple juice, brown sugar, and cornstarch together in a bowl.

Step 4

Pour pineapple juice mixture into the skillet and mix with cooking liquid. Cook over medium-low heat, stirring occasionally, until sauce comes to a boil and thickens slightly. Add pineapple chunks and cook until heated through, 1 to 2 minutes. Serve sauce with chops.

Nutrition Facts
