



Weekly Feature: Pork Chops

Black Bean Pork Chops

4 pork chops, boneless or butterfly
1 can (15-ounce) black beans, rinsed and drained
1 cup salsa OR picante sauce
1 can (4-ounce) chopped green chiles, undrained
1 tablespoon chopped fresh cilantro
2 teaspoons chili powder
1/4 teaspoon pepper
Virgin olive oil

Sour cream (optional)

1. In a medium bowl combine black beans, salsa, chiles, cilantro, chili powder and pepper. Set aside.
2. Heat a large skillet over medium-high heat. Brush chops lightly with oil and brown on each side; remove chops.
3. Add bean mixture to skillet; bring to boiling. Return chops to skillet; cover tightly and cook over low heat for 5 to 6 minutes or until chops are just done.
4. Serve chops with bean mixture, with sour cream if desired.

Serves 4.



Serve with a wine, a vinaigrette salad, and polenta!

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