



## 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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