

Pork Chops with White Beans & Escarole



Ingredients:

- 1 T. extra virgin olive oil, divided
- ½ medium white onion, chopped small
- 2-3 cloves garlic, peeled and chopped
- Sea salt and black pepper, to taste
- 2 12-oz. bone-in pork chops
- ½ c. chicken broth or water
- 1 15-oz. can cannellini beans, rinsed and drained
- ½ t. dried oregano
- 3 c. escarole, roughly chopped

Tip: The escarole in this recipe may be substituted with chopped kale, Swiss chard, or spinach.

natural
awakenings

Prep time: 15 minutes
Cook time: 25 - 30 minutes
Serves: 2-4

Directions:

1. Add olive oil, onion, and garlic to a large, high-sided skillet set over medium heat. Season with salt and black pepper, to taste, and cook, stirring frequently, until the onion and garlic softens and develops some color, approximately 3-4 minutes.
2. Season pork chops with sea salt and black pepper, to taste, and add to the skillet. Brown the chops on each side until they release easily from the skillet, approximately 4-5 minutes per side.
3. Add chicken broth, cannellini beans, and oregano to skillet. Season with salt and black pepper, to taste, and cover. Reduce heat to medium-low and cook for 8-10 minutes, or until internal temperature is just over 140°F with an instant read thermometer. Remove from heat, cover and let rest for 5 minutes.
4. While the chops rest, add the chopped escarole to the skillet and stir to combine. Sauté until just wilted, stirring frequently, approximately 2-3 minutes. Remove from heat and serve immediately with the pork chops. Enjoy!