



## **Fisher Meats**

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### **Quick, Boneless Chops**

Fri Sep 19 2014, 10:02AM

4- boneless American cut chops  
2 tbs olive oil  
1 sweet onion, chopped  
1/2 c pineapple juice  
2 tbs brown sugar  
2 tbs cider vinegar  
salt & pepper

-season the chops with salt & pepper  
-brown the chops in oil, over med-hi heat  
-combine the remaining ingredients & pour over the chops  
-cover & simmer until cooked through and tender, approx. 10-15 minutes