



Fisher Meats

Quick, Boneless Chops

Fri Sep 19 2014, 02:02pm

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