

RECIPE

# Sweet & Sour Pork Chops



## Ingredients

- 4 pork chops
- 2 Tbsp oil
- 1/2 cup vinegar
- 3 tsp soy sauce
- 1 cup tomato sauce
- 1 can pineapple tidbits
- 3 tbsp cornstarch
- 2 Tbsp + 2 tsp brown sugar

## Preparation

1. **Add a little oil to a large pan and heat.**
2. Brown meat on both sides; reduce heat, cover and cook slowly. If necessary pour off any accumulated fat.
3. **SWEET & SOUR SAUCE - Combine vinegar, soy sauce, ketchup and juice drained from pineapple in a saucepan. Bring to a boil.**
4. **Combine sugar and cornstarch together then add to liquid ingredients in saucepan. Heat and stir until sauce becomes clear. Add pineapple. Sauce is now ready to be added to pork chops.**
5. Add Sweet and Sour sauce to the pan to the depth equal to that of the chops.
6. Cover and cook slowly until meat is tender.