Spicy Tomato & Mushroom Pork Chops



What You'll Need

- 4 Rib Pork Chops
- Sea Salt
- Black Pepper
- Olive Oil for cooking
- 1/2 Cup chopped White Onions
- 3 Cups sliced Cremini Mushrooms
- 4 Cups chopped Tomatoes
- 1 mini Eggplant, cut into cubes
- 1/4 tsp Cayenne Powder
- 2 tbsp grated fresh ginger, or 2 tsp dried
- 2 Cups Chicken or Vegetable Broth
- Fresh Parsley or Cilantro for garnish

Directions

1. Preheat the oven to 350 degrees F.
2. Remove the porkchops from the refrigerator 15 minutes before cooking so they are at room temperature. Make sure all the ingredients are prepped before you begin to cook the porkchops.
3. Heat a skillet to medium-high heat. To make sure it is the right temperature, place a drop of water into the skillet. It should sizzle immediately and evaporate.
4. Dry the porkchops with paper towel to remove any excess moisture. Cut slits in each pork chop. Season with sea salt and pepper.
5. Cover the bottom of the skillet with olive oil. Place each pork chop into the skillet. Don't crowd them. Cook on each side for two minutes. Place in a baking dish and make sure that they are not touching.
6. Return the skillet to the stove and add the onions. Cook until slightly translucent. Add the mushrooms. As they start to brown, add the tomatoes, eggplant, cayenne powder, ginger, and broth to the skillet.
7. Bring to a boil and pour over the pork chops in the baking dish. Cover the dish and place in the oven.
8. Bake for 20 minutes or until the internal temperature of the pork chop is 145 degrees F. This can be tested using a meat thermometer. If you do not have a meat thermometer, then check the pork chop by cutting in half and make sure it is no longer pink in the middle. Remove from the oven.
9. Place on a plate and garnish with parsley or cilantro (if desired).

Tip: Be sure to serve as soon as the pork chops are done as they can continue to cook in the casserole dish, even though they are no longer in the oven. This can make the pork chops dry.