

Baked Pork Chops with Carrots and Onions

Prep time: 10 minutes

Cook time: 1 hour, 10 minutes

Servings: 4-6

Ingredients:

4-6 pork rib-chops, bone in

1 pound carrots

1 medium yellow onion

2 tablespoons olive oil (can substitute ghee or clarified butter)

1 teaspoon rosemary

1 teaspoon thyme

1 teaspoon salt

Salt and pepper for chops



Instructions:

Preheat oven to 350 degrees.

Peel carrots and cut into medium sized pieces. Peel and slice onion. Combine carrots and onions in a large bowl and toss with olive oil and spices. Set aside.

Place a large cast iron skillet over medium high heat. Season the chops with salt and pepper then place in the hot skillet. Cook for 6-8 minutes or until brown. Season second side of chops with salt and pepper, then turn and cook an additional 5 minutes.

Remove chops to a 9X13 casserole dish. Cover chops with onions and carrots and then cover dish tightly with foil. Bake for 45-60 minutes or until chops are tender and begin to pull away from bone.