

## Simple Skillet Pork Chops

4 servings | 20minutes

### Ingredients:

- 4 boneless, thin-cut pork chops or tenderloins
- 1 tablespoon vegetable oil
- Salt
- Pepper
- Chili powder (optional)
- Garlic powder (optional)



### Preparation:

1. Add vegetable oil to skillet and pre-heat to medium-high.
2. Season both sides of pork chops lightly with salt and pepper. Optional, add chili powder and/or garlic powder.
3. When skillet is hot, swirl oil to coat the bottom of the skillet.
4. Add pork chops and cook for 2—3 minutes. After 2 minutes, peak under the pork chops. When lots of browning has occurred, flip the pork chop.
5. Cook other side for 2—3 minutes, again peaking under the pork chops to look for browning. When both sides browned and the pork chops feels firm, remove from skillet.
6. Let the pork chops “rest” for at least 5 minutes before eating. This allows the juices to stay in the pork chop.