
Pork Chops, Cabbage and Apples

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 10 minutes

2 teaspoons paprika, divided
2 teaspoons chopped fresh thyme 2or 1 teaspoon dried thyme
2 teaspoons Kosher salt, divided
1 1/2 teaspoons freshly ground black pepper, divided
2 teaspoons chopped fresh sage or 1 teaspoon dried sage, divided
6 (1/2-inch thick) bone-in pork loin chops
2 slices bacon
1 head (about two pounds) cabbage, coarsely chopped
2 medium onions, thinly sliced
1 large Granny Smith apple, peeled and sliced
1 tablespoon tomato paste
1 bottle (12 ounce) lager beer or 3/4 cup apple cider
fresh thyme sprigs (for garnish) (optional)

In a bowl, combine two teaspoons of paprika, one teaspoon fresh thyme, one teaspoon salt, one teaspoon pepper and one teaspoon fresh sage. Mix well. Rub the mixture over the pork chops.

In a large deep skillet over medium-high heat, cook the bacon for 6 to 8 minutes or until crisp. Remove the bacon. Drain on paper towels, reserving the drippings in the skillet. Crumble the bacon.

Cook the pork in the hot drippings for 3 minutes on each side or until browned and done. Remove the pork from the skillet. Keep warm.

Add the cabbage, onions and apple to the skillet. Cover and reduce the heat to medium. Cook, stirring occasionally, for 15 minutes or until the cabbage begins to wilt. Add the tomato paste, beer, bacon, remaining one teaspoon of paprika, one teaspoon of fresh thyme, one teaspoon salt, 1/2 teaspoon pepper and one teaspoon of fresh sage, stirring to loosen the particles from the bottom of the skillet. Cover and cook for 15 minutes or until the cabbage is tender and the liquid is slightly thickened.

Add the pork. Cook, uncovered, for 5 minutes or until thoroughly heated.

Garnish if desired.

Pork

Per Serving (excluding unknown items): 46 Calories; 1g Fat (23.3% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 687mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat.