



# Shelly's Smothered Pork Chops

1 cup All Purpose Flour

2 TBS onion powder

2 TBS garlic

1 tsp cayenne

1 tsp salt

½ tsp black pepper

4 Pork Chops (bone in)

¼ cup olive oil

1 cup Chicken Broth

½ cup buttermilk

Mix flour and spices. Dredge pork chops and shake excess. Heat sauté pan over medium heat coat with oil. Brown pork shops in a single layer in oil on each side (approx. 3 mins). Remove Chops. Add a little (1 TBS) of the seasoned flour into pan, whisk into oil, and add chicken broth. Let simmer on medium heat stirring occasions for 5 minutes to thicken. Stir in buttermilk to make creamy gravy. Return pork chops to pan covering them with sauce. Simmer 5 minutes or until pork chops are cooked through and serve. Season with salt and pepper. Serve with a side of mashed potatoes and green beans for a real stick to your ribs kind of meal.