

YIELD: 4 SERVINGS

EASY SKILLET PORK CHOPS WITH GRAVY



4.0 Stars (4 Reviews)

Easy skillet pork chops with gravy are tender, creamy and seriously comforting! This one-pan recipe requires just a few simple ingredients and is ready in only 25 minutes!

PREP TIME 5 minutes

COOK TIME 20 minutes

TOTAL TIME 25 minutes

INGREDIENTS

FOR THE PORK CHOPS:

- 4 (4 oz) boneless pork chops, about 1 to 1 1/2 inches thick
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/4 teaspoon fresh chopped thyme
- 1 tablespoon extra virgin olive oil

FOR THE GRAVY:

- 3 tablespoons unsalted butter
- 3 tablespoons flour (I use white whole wheat but any kind is fine)
- 1 1/4 cups low-sodium chicken broth
- 3/4 teaspoon fresh thyme, chopped (or 1/4 teaspoon dried thyme)
- 1/2 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 1 tablespoon nonfat plain Greek yogurt (or use sour cream)

INSTRUCTIONS

1. Season pork chops on both sides with salt, pepper and thyme.
2. Heat a large skillet over medium high heat and add the olive oil.
3. Add pork chops to the pan and sear for 3-4 minutes on each side, until well browned. Remove the pork chops from the pan and cover to keep warm. (They will finish cooking later.)
4. Make the gravy. Reduce the heat to medium low and add the butter to the skillet.
5. Add the flour and whisk to combine. Cook the flour mixture for 1 minute, whisking occasionally, to get the raw taste out.
6. Add chicken broth to the pan slowly and whisk continuously to combine until the mixture is smooth, without any lumps. Sprinkle in the thyme, salt and pepper.
7. Let the gravy cook over medium-low heat for 3-4 minutes until slightly thickened.
8. Return the pork chops to the pan and turn to coat them in the gravy. Cover the pan with a lid (or aluminum foil) and cook for 8-10 minutes, until pork chops reach an internal temperature of 145.
9. Remove from heat. Add the Greek yogurt to the gravy and stir to combine.
10. Serve the pork chops with plenty of gravy over top.

NOTES

The key to a yummy pork chop recipe is not overcooking the pork. It should reach an internal temp of 145 and be allowed to rest for a few minutes before you slice into it. (I recommend using a meat thermometer.)

I use white wheat flour, because that's what we always have on hand, but you can use all-purpose flour here. It's just the thickening agent for the gravy so it doesn't matter too much which kind of flour you choose.

If you don't have any fresh thyme, you could use dried thyme or substitute some Italian seasoning, basil or oregano.

I use non-fat Greek yogurt for the creamy element in this recipe, but sour cream works too.