

## CAJUN BRAISED SKILLET CHOPS

PAGE 116 • BEST BY:

**Directions** Needed on hand to complete this freezer meal: 1½ tablespoons oil. Completely thaw in refrigerator. In a deep skillet or Dutch oven, heat oil over medium heat. Fry chops 3 minutes on each side; remove from pan. Pour broth and vegetables into pan. Gently scrape browned bits from bottom; reduce heat to medium-low. Return chops to pan. Simmer, covered, turning chops occasionally, until an instant-read thermometer inserted into the thickest part of a chop reads 160°F/70°C, 15 to 20 minutes.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

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