

# Creole Slow Cooker Prok Chops



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*Source: Creole Contessa*

Cooking Time: 5 hours

Start to Finish Time: 6 hours

Preparation Time: 1 hour

Servings: 4

Crock Pot:

Suggested Wine: 2009 EOS Paso Robles Estate Petite Sirah

*Description: A delightful change in preparing bone-in pork chops. There is a lot to this recipe but it is worth it.*

## Ingredients:

4 Pork Chops, bone-in  
1 lg Onion, sliced  
3 clove Garlic, minced  
2 T Cajun Spice Blend, see recipe, <http://www.rockinrs.com/Cajun-Spice-Blend.pdf>  
2 T Garlic, granules  
2 T Onion, chopped, dried  
2 T Brown Sugar  
2 T Apple Cider Vinegar  
1 t Black Pepper, fresh ground  
3 c Chicken Stock (we make our own), low sodium  
2 Bay Leaves  
2 T Corn Starch  
2 T Italian Parsley, chopped  
3 stalk Green Onion, garnish  
1 c All-Purpose Flour  
Extra Virgin Olive Oil

**Categories: Crockpot**

Directions: Mix all spices and brown sugar together and set aside. Add flour to a medium bowl, seasoning with 1 tablespoon of Cajun Spice Blend.

Rinse pork chops and pat dry. Coat with about 2 tablespoons of olive oil, season with 2 tablespoons of Cajun Spice Blend, rubbing into both sides of pork.

Heat about 2 tablespoons of olive oil in a skillet over medium heat, toss pork chops lightly in flour mixture, add to oil and brown about 2-3 minutes per side in batches, repeat until all the pork is complete. Transfer pork to slow cooker.

Add onion to pan, cook for about 5 minutes, add garlic and 1/2 tablespoon of Cajun Spice Blend, and cook 1 minute more.

Add chicken broth and vinegar to pan, scrap up brown bits on the bottom of pan. Transfer to slow cooker and pour over the pork chops.

Add bay leaves to slow cooker and cook on high for 2 hours then reduce heat to low for about 3 hours, until pork is fork tender.

Remove broth from slow cooker, strain into a sauce pan, make a slurry of 2 tablespoons of cornstarch and 1/4 cup of water, stir well, drizzle into sauce pan and whisk well.

Bring to boil, reduce heat and simmer for about 5 minutes, taste, add about a teaspoon of Cajun Spice Blend if needed. Stir in fresh parsley. Pour gravy back over pork chops, garnish with green onions. Serve with braised rice mixed with peas and beet greens.