



APPLE-CRANBERRY PORK CHOPS

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ONE BATCH SERVES 6.

INGREDIENTS	X1	X2	X3	X4
Boneless loin chops, fat trimmed- 3" thick	2 lbs	4 lbs	6 lbs	8 lbs
Olive oil	3 T	6 T	9 T	3/4 c
Maple syrup	2 T	1/4 c	6 T	1/2 c
Chopped celery	1 c	2 c	3 c	4 c
Tart or semi-tart cooking apples, peeled & chopped	2 c	4 c	6 c	8 c
Chopped onion	1 c	2 c	3 c	4 c
Dried Cherries or chopped dried apricots	1 c	2 c	3 c	4 c
Ground cinnamon	1 t	2 t	3 t	4 t
Gluten free chicken broth	1/2 c	1 c	1 1/2 c	2 c
Fresh or frozen cranberries	1/2 c	1 c	1 1/2 c	2 c
Apple juice	1/4 c	1/2 c	3/4 c	1 c
Apple cider vinegar	2 T	1/4 c	6 T	1/2 c
Gluten free spicy mustard	2 T	1/4 c	6 T	1/2 c
Salt	to taste	to taste	to taste	to taste
Ground black pepper	to taste	to taste	to taste	to taste

Season pork chops with salt and pepper. Put pork chops in gallon sized freezer bag (one bag per batch). Mix together remaining ingredients. Put fruit mixture over pork chops. Remove as much air as possible. Seal, label and freeze.

To serve: Thaw. Lightly oil the crock of your slow cooker. Place pork chops on the bottom of crock. Pour fruit mixture over chops. Cover with lid. Cook on low for 6 to 7 hours until pork is tender.