



# SLOW COOKER SALSA PORK CHOPS

Angela Litzinger @angelaskitchen.com

ONE BATCH SERVES 6.

INGREDIENTS	X1	X2	X3	X4
Olive oil	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Pork chops, bone in or boneless	6	12	18	24
Tomato sauce	1 1/2 cups	3 cups	4 1/2 cups	6 cups
Salsa	1 cup	2 cups	3 cups	4 cups
Lime juice	3 tablespoons	6 tablespoons	9 tablespoons	3/4 cup
Minced garlic	1/2 tablespoon	1 tablespoon	1 1/2 tablespoons	2 tablespoons
Dried oregano	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Ground cumin	1/2 teaspoon	1 teaspoon	1 1/2 teaspoon	2 teaspoons
Ground black pepepr	1/2 teaspoon	1 teaspoon	1 1/2 teaspoon	2 teaspoons
Salt	1/2 teaspoon, or to taste	1 teaspoon, or to taste	1 1/2 teaspoons, or to taste	2 teaspoons, or to taste

Warm oil in a skillet over medium-high heat, then add pork chops. Cook pork chops until browned on both sides. They do not need to be cooked though as they will cook more in the slow cooker. You are looking to give the meat a nice sear and color.

In a bowl mix together the tomato sauce, salsa, lime juice, garlic, oregano, cumin, black pepper, and salt.

Arrange a single layer of pork chops in slow cooker. Spoon a bit of sauce onto each chop. Add more pork chops to slow cooker, adding sauce on top of each one until all pork chops are in the slow cooker. Pour remaining sauce over chops.

Cover slow cooker. Cook on low for 4 to 6 hours or on high for 2 to 3 hours until cooked through.

**Freezer instructions:** Allow the pork chops to cool after searing. Place in a gallon sized freezer bag and add sauce. Mix sauce around pork chops, remove as much air as possible, seal, label and freeze.

**To serve:** Thaw. Put contents of bag in slow cooker, cover and cook on low for 4 to 6 hours or on high for 2 to 3 hours.