

# San Francisco Chops {Slow Cooker}

Yield: 5 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-san-francisco-chinese-recipe-for-beef>

## Ingredients:

- 2 tablespoons extra-virgin olive oil
- 4 pork chops about 1-inch thick
- pepper
- salt
- 2 cloves garlic finely minced
- 1/4 cup reduced sodium soy sauce
- 1/4 cup low sodium chicken broth
- 2 tablespoons light brown sugar packed
- 1/4 teaspoon red pepper flakes
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- cooked rice for serving

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 60 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 2 grams
8. Sodium: 870 milligrams
9. Sugar: 6 grams

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