

One Skillet Italian Pork Chops

Yield: 3 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pork-recipe>

Ingredients:

- 2 bone-in pork chops thick cut, about 3/4 to 1-inch thick and approx 1-3/4 pounds total
- salt
- pepper
- 1 tablespoon olive oil
- 1 zucchini small, thinly sliced
- 1 red bell pepper medium, cored, seeded and thinly sliced
- 1 small yellow onion thinly sliced
- 2 teaspoons minced garlic freshly
- 2 cups marinara sauce or your favorite pasta sauce
- 14 1/2 ounces diced tomatoes with juices
- 1 pinch crushed red pepper
- 1 1/2 teaspoons Italian seasoning
- 1 bay leaf
- chopped parsley Fresh, for garnish, if desired, optional

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 55 milligrams
4. Fat: 27 grams
5. Fiber: 10 grams
6. Protein: 18 grams
7. SaturatedFat: 8 grams
8. Sodium: 1020 milligrams
9. Sugar: 24 grams

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