

Mexican-Style Pork Chops

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-leftover-pork-chops-mexican>

Ingredients:

- 1 1/2 cups hot water
- 1 cup chicken stock
- 3 tablespoons tomato purée
- 1 teaspoon adobo in chipotle sauce, minced
- 3 tablespoons cooking oil
- 4 pork chops 1" thick
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 1 cup yellow onions sliced
- 1 teaspoon garlic minced
- 1 1/2 cups corn kernels
- 2 cups rice uncooked
- 1 can kidney beans
- fresh cilantro Garnish with, or lime zest, optional

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 85 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 55 grams
7. SaturatedFat: 3 grams
8. Sodium: 2320 milligrams
9. Sugar: 7 grams

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