

Sauerkraut Pork Chops or Chicken Tenders

Unit: Large Skillet or Electric Skillet

1 Jar of Sauerkraut (Bubbie's at Sprout's is the best!)

4-5 Boneless center cut pork chops (thick cut)

or

5-7 Boneless Chicken Tenders

1 Tbsp of Caraway seeds

Preheat the large 10.5" skillet on medium-high heat for 5 minutes. (Electric skillet at 450) Sear the chops for 5 minutes or until they release easily from the skillet. Next, flip them over and sear for 3 minutes.

Finally, add the sauerkraut with juice over the chops and stir in the caraway seeds. Reduce the heat to medium low and cook for 15-30 minutes or until they are tender. (They are done if you cut them and the juices are clear.)