

Delicious! Quick & easy great tasting meal. I've used chops and tenderloin and both come out great.

Pork Chops with Sweet Potatoes and Pears

- 1 tablespoon vegetable oil
- 1 tablespoon all purpose flour
- 1 teaspoon curry powder
- 3/4 teaspoon salt
- 4 (4 ounce) boneless pork chops
- 1 (15 ounce) can yams drained
- 1 (15 ounce) can pear slices in pear juice, drained (reserve 1/2 cup juice)
- 1/2 teaspoon thyme leaves, crumbled
- 1/8 teaspoon freshly ground pepper

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In large skillet, heat oil. In large baggy, mix flour, curry powder and 1/4 teaspoon of salt. Add pork chops. Shake and coat. Put pork chops in skillet; sauté until cooked through. Cut yams into bite size chunks. Add pork with the pears, pear juice, thyme, pepper and remaining salt. Reduce heat and simmer covered, about 5 minutes uncovered and simmer until pork is cooked through about 2 minutes longer.



Fresh Fruit and Vegetables should be handle with care. Fruit and Vegetables require constant attention to keep their fresh appearance. The less you handle them when purchasing, or in the home, the longer their life. Don't pinch, squeeze or poke them, for bruising leads to damage and damage results in more spoilage.

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