



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Pork Chops with Smashed Yellow Peas & Black Eyed Pea Gravy

Delight dinner guests with an exciting new rendition of pork chops, featuring savory smashed yellow peas and black eyed pea gravy.







INGREDIENTS

- 4 pork chops
- 2 tablespoons cooking oil
- 2 cups split yellow peas (cooked and drained)
- ¼ cup + 2 tablespoons butter
- ¼ cup cream
- 1 diced onion
- 1 can black eyed peas (do not drain)
- ⅓ cup flour
- 1 cup milk
- Salt & black pepper to taste

INSTRUCTIONS

1. Place the cooked peas in a medium bowl and mash with a fork or potato masher.
2. Once peas are smashed, stir in ¼ cup butter, cream, and ¼ teaspoon salt.
3. Heat pan with 2 tablespoons oil.
4. Once hot, add pork chops seasoned with salt & pepper and cook to an internal temperature of 145°F approximately 4 minutes per side. Remove from pan.
5. Add 2 tablespoons of butter, onion, and black eyed peas to the pan, scraping the pan.
6. Once onions soften, add flour, 1 teaspoon salt, 1 teaspoon pepper and stir until thickened.
7. Slowly pour in the milk, stirring the entire time.
8. Serve smashed peas and pork chops with gravy on top.



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