



EVERYTHING
Herbal

— by Cheryl Jabz —

Herb Pork Chops WITH DICED TOMATOES

SAVORY • COMFORTING • DELICIOUS

Herbs. Health. Healing. Naturally.

Tender pork chops simmered in a savory tomato and herb sauce with garlic, onions, and Italian seasonings. This one-pan meal is perfect over rice, pasta, mashed potatoes, or buttered noodles.



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GOODNESS
IN EVERY
BITE!

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INGREDIENTS:

Serves 4

PORK CHOPS

- ✦ 4 bone-in or boneless pork chops
- ✦ 2 tablespoons olive oil
- ✦ 1 teaspoon salt
- ✦ ½ teaspoon black pepper
- ✦ 1 teaspoon paprika
- ✦ ½ teaspoon garlic powder

TOMATO SAUCE

- ✦ 1 small onion, diced
- ✦ 4 garlic cloves, minced
- ✦ 1 can (14–15 oz) diced tomatoes
- ✦ 1 tablespoon tomato paste
- ✦ ½ cup chicken broth
- ✦ 1 teaspoon Italian seasoning
- ✦ 1 tsp. dried basil & 1 tsp. oregano
- ✦ ¼ teaspoon crushed red pepper flakes (optional)
- ✦ 1 tablespoon butter
- ✦ Fresh parsley or basil for garnish



INSTRUCTIONS:

- 1 Season the Pork Chops**
Pat pork chops dry.
Mix: salt, pepper, paprika, garlic powder
Rub seasoning on both sides.
- 2 Sear the Pork Chops**
Heat olive oil in a large skillet over medium-high heat.
Cook pork chops 4–5 minutes per side until golden brown. Remove and set aside.
- 3 Make the Tomato Sauce**
In the same skillet add: diced onion & garlic. Cook 2–3 minutes until softened.
Stir in: diced tomatoes, tomato paste, chicken broth, Italian seasoning, basil, oregano, red pepper flakes
Simmer 5 minutes.
- 4 Finish Cooking**
Return pork chops to skillet. Spoon sauce over the top. Cover and simmer on low for 10–15 minutes. Cook until pork reaches 145°F internally and becomes tender.



FINISH COOKING

Return pork chops to skillet. Spoon sauce over the top. Cover and simmer on low for 10–15 minutes. Cook until pork reaches 145°F internally and becomes tender.



SERVE

Stir butter into the sauce before serving for extra richness. Garnish with parsley or basil.



SERVING IDEAS

Serve with: Garlic mashed potatoes, Buttered egg noodles, Rice pilaf, Roasted garlic potatoes, Crusty bread.



SLOW COOKER VERSION

Sear pork chops first. Add all ingredients to slow cooker. Cook: LOW for 5–6 hours, HIGH for 3–4 hours.



HELPFUL TIPS

Bone-in pork chops stay extra juicy. Fire-roasted diced tomatoes add deeper flavor. Sprinkle of Parmesan on top is delicious!

Real Food



Real Herbs



Real Life

Cheryl Jabz

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