

# Bubbie's EVERYTHING HERBAL

by Cheryl Jabz



Cooking with  
Herbs for  
Health, Flavor  
& Tradition.



# Bubbie's HERB PORK CHOPS WITH DICED TOMATOES



Juicy pork chops seasoned with herbs and seared to perfection, then simmered with garlic, onions, and diced tomatoes for a wholesome, flavorful meal the whole family will love.



## INGREDIENTS:

- 4 bone-in pork chops (about 1 inch thick)
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 small onion, chopped
- 1 (14.5 oz) can diced tomatoes (with juices)
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp dried oregano
- ½ tsp dried basil
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp salt (or to taste)
- ¼ tsp black pepper
- Fresh parsley, for garnish (optional)

## INSTRUCTIONS:

- Season pork chops with salt, pepper, garlic powder, onion powder, rosemary, thyme, and oregano.
- Heat olive oil in a large skillet over medium-high heat.
- Add pork chops and sear 3–4 minutes per side, until golden brown. Remove and set aside.
- In the same skillet, add chopped onion and garlic. Sauté for 2–3 minutes, until softened.
- Add diced tomatoes (with juices) and dried basil. Stir to combine.
- Return pork chops to the skillet, nestling them into the tomato mixture.
- Reduce heat to low, cover, and simmer for 20–25 minutes, or until pork chops are cooked through (internal temperature of 145°F).
- Sprinkle with fresh parsley before serving.

## BENEFITS



Herbs add flavor and antioxidants.



Pork provides high-quality protein and essential nutrients.



Tomatoes are rich in vitamins C and K and lycopene.



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to yours ♥