



## Slow Cooker Pork Chops & Apples

4 – 1 inch thick pork chops\*  
2 medium white onions – sliced  
1 cup apple juice  
½ cup dry white wine or chicken stock  
1 TBS brown sugar  
2 to 4 green apples – cored and sliced  
1 small fennel bulb – chopped or Rosemary leaves  
Salt, Pepper, Garlic Powder  
Butter & Olive oil

Trim the pork chops of their excess fat. Season them with salt, pepper and a little garlic powder.

In a bowl, mix together the apple juice, white wine and brown sugar. Add salt and pepper to taste. If using chicken stock be careful with the salt.

Melt 2 TBS butter in a skillet. Add some olive oil. Add the onions and cook them until lightly browned – about 6 minutes. Set them aside.

Add a little more oil to the skillet. Heat and brown the chops on both sides.

Place half of the sliced apples at the bottom of your pot. Add half of the onion and half of the fennel. Top with the browned pork. Layer the rest of the onions and fennel on the chops. Finish with the remaining apples.

Pour the cooking liquid into the pot. Cover and cook on high for 4 hours. Serve with mashed potatoes and enjoy!

\*If you prefer to use thinner chops go ahead. Reduce the cooking time by 1 hour.

