

Thick Pork Chops with Brandy Mushroom Sauce



Ingredients

4 one-inch pork chops (or 2 beef new york strips, 8 oz. each)

Salt and pepper to taste

1 tbsp olive oil

8 oz. package button mushrooms, sliced

1 tbsp minced shallot

1 tbsp tomato paste

1 1/2 tsp flour

2 tbsp brandy

3/4 cup low sodium chicken broth



Directions

Season meat with salt and pepper. Heat the olive oil in a sautee pan over high heat. Sear the meat approximately 4 minutes per side for pork and 3 minutes per side for beef. Remove and let rest. Add the mushrooms and the shallots, sautee over medium high heat until all the liquid is evaporated. Stir in the tomato paste; cook until it begins to brown. Add the flour, cook about 1 minute. Deglaze the pan with the brandy. Continue to cook until the liquid has been reduced by half. Add broth; cook, stirring constantly, until sauce thickens, about 3 minutes. Serve sauce over the meat.
