

Southern Comfort on a Plate: The Best Smothered Pork Chops Recipe

Fork-Tender Smothered Chops: Your New Favorite Weeknight Dinner



TIME
30-35 min

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INGREDIENTS

- 4 bone-in center-cut pork chops (about 3/4-inch thick)
- 1 cup all-purpose flour
- 1 large red bell pepper, sliced into strips (optional)
- 1 large green bell pepper, sliced into strips
- 1 large yellow or white onion, sliced
- 2 cups chicken broth (low-sodium preferred)
- 1/2 teaspoon garlic powder
- 1/4 cup vegetable oil (or canola oil)
- Salt and black pepper to taste

DIRECTIONS

- 1.** Step 1: Season and Dredge the Chops: Generously season the pork chops with salt and black pepper on both sides. Next, dredge the chops in the flour, shaking off any excess. This thin layer of flour is what helps create the delicious crust and thickens the sauce.
- 2.** Step 2: Sear the Pork Chops: Place a large sauté pan or Dutch oven on the stove over medium-high heat. Add the vegetable oil. Once the oil is shimmering, carefully place the pork chops in the pan. Sauté for about 3-4 minutes per side until they are a beautiful golden brown. Do not crowd the pan; work in batches if necessary.
- 3.** Step 3: Remove Chops and Sauté Vegetables: Remove the chops from the pan and set them aside on a plate. Reduce the heat to medium. Add the sliced peppers and onions to the same pan (don't drain the oil-that fond is flavor!). Sauté for 5-7 minutes until the vegetables begin to soften and caramelize slightly.
- 4.** Step 4: Build the Gravy and Simmer: Add the chicken broth and garlic powder to the pan, scraping up any browned bits (fond) from the bottom-this is where the flavor magic happens. Bring the mixture to a gentle simmer.
- 5.** Step 5: Smother and Finish: Return the pork chops to the pan, nestling them into the vegetable mixture. Spoon some of the peppers and onions over the top of the chops to truly "smother" them. Place a lid on the pan, reduce the heat to low, and simmer for 45 minutes. The chops are done when they are tender and easily pierced with a fork.
- 6.** Step 6: Serve: Serve the chops hot, spooning the savory peppers, onions, and gravy over the top.

SWAPS & NOTES

Pork Chops: While bone-in chops are my favorite for flavor and moisture, you can use boneless chops .

Just keep a closer eye on them during the simmer; they may be done in closer to 30-35 minutes.

Flour: You can substitute the flour with a gluten-free all-purpose blend for dredging.

The flour is essential for creating the base of your gravy.

TIPS FOR SUCCESS

The Searing is Crucial: Don't skip the high-heat sear!

It develops a deep, rich color and flavor that you can't get any other way.

Don't Rush the Simmer: The 45-minute simmer is non-negotiable for achieving that signature fork-tender texture.

If you try to shorten it, your chops will be tough.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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