

# Hawaiian Pork Chops

(Makes 4 Servings)



## Shopping list:

- 1 lb. boneless, pork chops (about 4)
- 1 fresh pineapple (stalk, skin, and core removed and fruit cut up into bite sized pieces)
- 2 tbsp. light brown sugar
- 2 tbsp. low sodium soy sauce
- 1 - 1 gallon plastic freezer bag

## Prep:

1. Label your freezer bag.
2. To your freezer bag, add pineapple, brown sugar, soy sauce, and pork chops. (Add the pork chops last, so they're the first ingredient poured into your slow cooker).
3. Remove as much air from the freezer bag as possible, seal, and lay flat in your freezer.

## Cook:

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on "low" setting for 6 hours or until pork is cooked through and tender.
3. Serve with brown rice and vegetables to complete your meal.
4. Enjoy!