



Taco Pork Chops

Ingredients

4 Pork Chops

Taco Seasoning

2 Tablespoons of Oil

Taco Seasoning

1 tablespoon chili powder

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

1/4 teaspoon crushed red pepper flakes

1/4 teaspoon dried oregano

1/2 teaspoon paprika

1 1/2 teaspoons ground cumin

1 teaspoon sea salt

1 teaspoon black pepper

Coat pork chops in taco seasoning. Heat oil in skillet. Add chops to oil brown on both sides. Can add a little water so won't burn. Cook until done takes about 25 minutes total.

<http://www.lincolntent.com/GlutenFreeCaseinFree-PorkRecipes.html>

<http://www.lincolntent.com/GFCF-Fast.html>