



Boys & Girls Clubs
of Hamilton
A good place to be



Consuela's Cooking Corner

BBQ Bake Pork Chops

Ingredients:

- ❖ 10 pork chops
- ❖ salt and pepper
- ❖ honey barbecue sauce
- ❖ one large onion finely chopped,
- ❖ water
- ❖ large pan for baking

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<https://www.kboysandgirlsclub.com/earlyon/>

Directions:

- ❖ Put about one inch of water in bottom of pan, add a layer of chopped onion in water, then salt and pepper pork chops on both sides.
- ❖ Place pork chops on top of onion, then add a few onions on top of pork chops. Add water to cover.
- ❖ Bake at 450°F about 1 hour. When nearly done, remove from oven and pour honey barbecue sauce over meat evenly.
- ❖ Return to oven for about 3-5 minutes on broil or long enough to brown barbecue sauce.
- ❖ Serves 8-10 people.

