



# Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

## Pork Chops

*Creamy Mushroom Sauce  
(Keto Low Carb)*

This



NUTRITION Calories: 432kcal |  
Carbohydrates: 3g | Protein: 31g | Fat: 33g  
| Sugar: 1g | Fiber: 1g | Sugar: 1g

### Ingredients:

- 6 pork chops about 1 inch thick
- 2 tbsp olive oil or avocado oil
- 2 tbsp unsalted butter
- 2 cups fresh mushrooms
- 1 cup heavy whipping cream
- 2 tbsp fresh parsley chopped
- 1 tbsp thyme fresh or dried
- 5 garlic cloves minced
- salt and pepper to taste
- 1 tbsp Chives for Topping

### Instructions:

- Heat a skillet over medium-high heat. Add the butter and olive oil.
- Once the butter is melted, add the pork chops and season with salt and pepper. Sear for about 3-4 minutes on each side or until the edges are golden brown.
- Remove the pork chops. In the same skillet saute the mushrooms, garlic, thyme, and parsley. Cook for about 2-3 minutes stirring constantly.
- Reduce the heat and add the heavy cream. Season with salt and pepper, to taste.
- Simmer for about 2-3 minutes or until the sauce begins to thicken.
- Add the pork chops back to the pan and cover with the creamy sauce.
- Cover the skillet and let them cook for another 5-6 minutes until tender.
- Transfer to a plate and serve hot with a side of cauliflower mashed potatoes or steamed beans. Garnish with more fresh parsley, if desired.