

Butt Rub Boneless Pork Chops with Red Beans and Rice

As a single parent I find it somewhat challenging to cook for just two. Also, it is difficult to find meals that are tasty, yet easy to prepare.

This recipe for Butt Rub Boneless Pork Chops along with Red Beans and Rice. It only takes 10 minutes to prepare the meal and then about 30 minutes to cook.

Ingredients

- 4 Boneless Pork Chops weighing 3/4 to 1 pound total (all 4 pork chops); for the suggested cooking time, I use chops less than 1/2 inch thick
- 3 oz Olive Oil
- 4 tbsp Worcestershire Sauce
- 2 tsp [Butt Rub](#) Dry Rub Seasoning - this is a Southern BBQ Dry Rub
- 2 tsp Black Pepper
- 1 tsp Garlic Powder
- 1/2 tsp Salt



Instructions

Pork Chops

1. Preheat oven to 325 degrees.
2. Mix all ingredients (except the pork chops) in a bowl. Stir about 1 minute.
3. Baste one side of each of the pork chops and place basted-side down in a baking pan.
4. Stir the baste again (the dry ingredients tend to settle in the bottom of the oil-based baste. Then, baste the remaining sides of the pork chops.
5. Place in oven for about 30 minutes or until done. I usually use 170 degrees internal temperature for pork.

I let the chops sit about 5 minutes and serve.

Red Beans and Rice

1. As I mentioned at the beginning of the recipe, I like to keep things simple. So, for the Red Beans and Rice, I use Zatarain's. Just follow the instructions on the box.
2. It takes about 5 minutes to boil and then 25 minutes to simmer. The completion time is perfect for the pork chops.

Courtesy Jeff Guy, ArmadilloPepper.com

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