Smothered Pork Chops

**Ingredients:**

* 4 pork chops about an inch thick
* Salt and pepper

**Cream Sauce:**

* 1 cup full fat canned coconut cream
* 1 medium egg
* 1 tsp sea salt
* 1 tsp garlic powder
* 1 tsp thyme
* 1 TBSP tomato paste (optional for a Rose sauce)

**Mushrooms:**

* 1 package white mushrooms
* 1 shallot
* 1 tsp coconut aminos
* Salt and pepper
* 1 TBSP Butter or Coconut oil with butter flavoring

**Directions:**

1. In a small sauce pan whisk together all the ingredients for the cream sauce.
2. Heat the sauce on the stove over a medium heat. Continue whisking the sauce while it cooks for about 4-5 minutes until it thickens and set aside.
3. In a sauté pan cook mushrooms on a low to medium heat until they are soft, and the water has evaporated from them.
4. Turn up heat to medium high and add butter and shallots to the pan. Season with salt and pepper. Allow to cook for 4-5 minutes or until shallots are translucent. Add in the coconut aminos and cook for another minute or two. Set aside.
5. Preheat a cast iron skillet or oven proof pan at 350. Place preheat pan onto the stove top on a medium heat and add seasoned pork chops. Cook for 2 minutes then flip and place skillet into the oven for 5 minutes.
6. Remove skillet and top pork chops with the cream sauce and sautéed mushrooms garnish with thyme.
7. Sever hot with a side of veggies. We like it with grilled zucchini.