



## **BBQ Pork Chops**

### **Ingredients**

- 4 lean loin Pork Chops, trimmed of fat
- 2 tbsp Worcestershire sauce
- 1/3 cup Ketchup
- 1 tbsp Chili Powder
- 1 tbsp Cider Vinegar
- 1 tbsp Brown Sugar

### **Directions**

1. Mix cider vinegar, brown sugar, Worcestershire sauce, ketchup, and chili powder in a small bowl.
2. Place pork chops in a large resealable plastic bag.
3. Marinades can tenderize the surface of the meat only to about 1/4 inch. That's why it's important to make sure the marinade covers the entire surface of your meat. It also helps to score the meat (cut into the surface about 1/4 inch deep with a sharp knife in several places) before coating it with marinade.
4. Pour marinade into bag and cover chops with it.
5. Marinate for at least 4-6 hours in the refrigerator.
6. Preheat grill or broiler.
7. Spray grill with high-temperature nonstick cooking spray before heating; or spray broiler rack while broiler is heating.
8. Place marinated chops on grill or broiler and cook until done, about 5 minutes per side.