



## Ingredients



4 boneless pork chops about 1  
inch thick; or two-three large  
pork chops  
1/2 tsp kosher salt plus more to  
taste  
3/4 tsp chili powder  
1 tsp onion powder  
1 tsp garlic powder  
1/4 tsp ground white pepper  
1 Tbsp all purpose flour  
1 Tbsp butter  
5 cloves garlic peeled and  
pressed  
1 cup broth vegetable or chicken  
1/4 cup honey  
2 Tbsp white wine vinegar

# Honey Garlic Instant Pot Pork Chops



## Instruction

- In a small bowl, combine salt, chili powder, onion powder, garlic powder, white pepper and all purpose flour. Season the pork chops with the dry rub mix, making sure to coat the edges as well as both flat sides of each chop.
- Set Instant Pot to sauté and give it about 8-10 minutes to preheat. Add the butter.
- When the butter is melted, quickly add the pork chops and sear until browned, about 2 minutes per side. Remove the pork chops and set aside. Turn off the Instant Pot.
- Add the pressed garlic and cook for about 30 seconds, stirring constantly. If you want the sauce to be thicker, add 2 tablespoons of flour, mix well, and continue cooking for 30-60 seconds or so, until the flour is slightly brown.
- Add the broth and scrape the brown bits stuck to the bottom of the pot. Add the honey and the white wine vinegar, and stir well. Taste for salt and adjust if needed.
- Return the pork chops back to the pot, placing them right in the liquid. They don't need to be submerged all the way.
- Cover the pressure cooker and make sure the pressure valve is sealed. Set for MANUAL, HIGH pressure for 7 minutes cook time.
- Instant pot setting pressure time to 7 minutes.
- When the pressure cook time is up, let the pressure cooker naturally release for 10-12 minutes. After the 10-12 minutes, open the valve completely to quickly release all the remaining pressure.
- Remove the pork chops from the Instant Pot and let rest for 3-5 minutes before serving. Serve the chops with the honey garlic sauce from the pot.

Notes: Instead of flour to thicken the sauce, use 1 tablespoon of cornstarch dissolved in 1/4 cup of cold water.