



Tropical Pork Chops

Ingredients

- 6 pork chops (trimmed)
- 2 tablespoons tomato paste
- ¼ cup [Fustini's Mango Balsamic](#)
- ¼ cup [Fustini's Jalapeno Lime balsamic](#)
- ¼ cup [Fustini's Chipotle Olive Oil](#), plus more for greasing
- 2 tablespoons brown sugar
- 1 teaspoon garlic
- 1 teaspoon red pepper flakes
- 1 1/2 cups of par-cooked rice
- 4 cups of water
- 1 cup pineapple, cut up into bite-size pieces
- ½ cup sweet onion, thinly sliced
- salt and pepper to taste

Directions

Step 1.

In a large bowl, combine pork chops with tomato paste, balsamics and olive oil, brown sugar, garlic and red pepper flakes. Marinate for 4-6 hours.

Step 2.

Preheat the oven to 350° F and grease a 9x13 inch baking dish with more olive oil. Place the rice in the baking dish and pour water over the top. Stir slightly until rice is spread out evenly in the pan.

Step 3.

Place marinated pork chops on top of rice. Pour any remaining marinade over top. Top with pineapple and onion. Cover and bake 1 hour, until internal meat temperature reaches 165° F. (if still quite a bit of moisture after 50 minutes, remove the cover for the last 10 minutes).