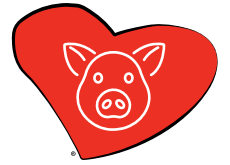


GRILLED PORK CHOP WITH BLUEBERRY BBQ SAUCE



WHAT YOU NEED

- 1 thick cut bone-in pork chop
- 1 tbsp canola oil
- 1 tbsp salt, pepper, garlic rub

Sauce Ingredients:

- 1 tbsp canola oil
- 1 cup chopped onion
- 2 tsp chopped garlic
- 1 tsp chopped fresh jalapeño pepper
- ¼ cup ketchup
- ¼ cup apple cider vinegar
- 2 tbsp yellow mustard
- 4 tbsp brown sugar
- 2 tbsp balsamic vinegar
- 2 cups fresh blueberries

Sides:

- 1 portion cheesy grits
- 1 portion roasted brussels sprouts

PREPARATION

1. Coat the pork chop with canola oil on all sides. Season with salt, pepper, garlic rub on all four sides.
2. Place the pork chop on a heated grill and cross-mark. Cook the pork chop to an internal temperature of 140°F.
3. While the pork chop is cooking, heat the canola oil in a saucepan.
4. When the oil is hot, add the chopped onion, chopped garlic, and chopped jalapeño. Saute until the onion starts to become translucent.
5. Add the ketchup, apple cider vinegar, yellow mustard, brown sugar, and balsamic vinegar. Stir well and heat to a simmer.
6. Place the blueberries in a separate bowl and carefully mash them.
7. Add the blueberries to the saucepan and stir well. Let the sauce simmer for 15 minutes.
8. When the pork is cooked and the sauce is done, place the cheesy grits in the center of the plate and lean the pork chop up on the grits.
9. Place the roasted brussels sprouts to the side of the pork chop. Drape the blueberry barbecue sauce over the pork chop.