

Sheet Pan Candied Pork and Carrots

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INGREDIENTS:

4-6 PORK CHOPS
1 BAG OF CARROTS

OLIVE OIL
BROWN SUGAR
GARLIC POWDER
SALT
BASIL (OPTIONAL)

DIRECTIONS:

PLACE THE PORK CHOPS AND CARROTS ON A SHEET PAN IN A SINGLE LAYER. DRIZZLE OLIVE OIL OVER THE PORK AND THE CARROTS. RUB THE OIL INTO THE PORK AND MIX THE CARROTS SO COMPLETELY COVERED WITH THE OIL. LIGHTLY SPRINKLE THE BROWN SUGAR, GARLIC POWDER, AND SALT OVER THE PORK AND CARROTS. BAKE AT 450F FOR 30 MINUTES. SPRINKLE DRIED BASIL OR CUT UP FRESH BASIL FOR GARNISH.

FREEZING INSTRUCTIONS:

PLACE PORK CHOPS AND CARROTS INTO A GALLON FREEZER BAG. ADD THE REMAINING INGREDIENTS COATING THOROUGHLY. SEAL AND FREEZE. ALLOW TO THAW OVERNIGHT IN THE FRIDGE PRIOR TO COOKING. COOK AS DIRECTED.