



# PUMPKIN SPICE PORK

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## INGREDIENTS

- 1-2lb Pork Chops
- ¼ Cup Brown Sugar
- 1TB 21 Day Salute OR Herb De Provence
- 1 TB Pumpkin Pie Spice

## DIRECTIONS

1. Pat Pork Chops dry and set aside
2. In a bowl mix together brown sugar, dry herb spice (21 Day Salute OR Herb De Provence), and Pumpkin Pie Spice.
3. Pour the spice over the pork chop and rub it into the meat!

Sous Vide: Seal meat in bag and cook meat in sous Vide at 142 degrees F and let it go at least 5 hours. Before serving sear each side.

Bake: Heat oven to 350 degrees in bake in a pan for 45min-1 hour OR until the inside reaches 145-155 degrees F.

Grill: Grill pork chops approx 5-9 min per side depending on thickness. Internal temp reaching 145 degrees

## NOTES

You could also smoke these too! It would be delicious