



## **SLOW COOKER MAPLE DIJON PORK CHOPS**

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### **Ingredients:**

- 4-6 **boneless pork chops**
- 1 large yellow onion, chopped
- ½ cup pure maple syrup
- ¼ cup dijon mustard
- ½ cup apple cider vinegar
- ½ tsp salt
- ¼ tsp pepper

### **Instructions:**

1. Spray slow cooker with non-stick cooking spray. Place pork chops at the bottom and season with salt and pepper and top with the chopped onion. In a bowl, mix together the maple syrup, mustard and apple cider vinegar, pour on top of pork chops.
2. Cook on LOW for 6-8 hours or HIGH for 3-4 hours.