

VEAL CHOPS WITH TOMATO

Total Recipe Time: 30 to 35 minutes

Ingredients:

2 8 oz. Veal loin or rib chops, cut 1 inch thick (about 8 ounces each)
To taste Salt

Tomato-Pepper Sauce:

1 tbsp. Olive oil
1 cup Chopped red bell pepper
¼ cup Finely chopped onion
8 oz Tomato sauce with basil, garlic and oregano
⅛ -¼ tsp. Crushed red pepper

Instructions:

1. Heat large nonstick skillet over medium heat until hot. Place veal chops in skillet; cook 12 to 14 minutes for medium (160°F) doneness, turning occasionally. Season with salt, as desired. Remove veal and keep warm.
2. Remove drippings from skillet; add oil and heat over medium heat until hot. Add peppers and onion; cook 3 to 5 minutes or until tender, stirring occasionally. Stir in tomato sauce and crushed red pepper, as desired; simmer 4 to 5 minutes or until slightly thickened, stirring occasionally.
3. Serve veal chops with sauce.

Cook's Tip: *Other varieties of tomato sauce such as roasted garlic, garlic and onion and Italian herb, may be substituted for sauce with basil, garlic and oregano.*