

Shelby's Pork Chops and Applesauce

Yes, I am old enough to remember the *Brady Bunch* episode where one of the brothers spent the entire episode walking around saying “Pork chops and applesauce” in the most annoying—and memorable way.

I have made various versions of this in my lifetime, but I recently came up with my own recipe using my Instant Pot. Yes, that crazy craze has reached my household. However, is it really a craze if someone simply hacked an old standard for cooking (pressure cooking) and put a slick new title on it?

I also am old enough to have some of those “old” cookbooks. I’m guessing from the font and color, this one is circa 1987. I use it often to get recipes for my Instant Pot. However, if you have a pressure cooker, save your money and use it!

One thing about pressure cooking, it locks in juices well. I am always shocked how much more moist and tender meat is in my Instant Pot. How much more juices are added to the cooking liquid. I had to mess with this recipe a lot because I wanted the applesauce I cooked the pork chops in to be in a solid form more than a liquid form. I did my best!

A note about pork chops. I dig Costco’s uber thick pork chops. When they go on sale, I go crazy and buy them and freeze a whole lot of them. They are a great cut, and a great price. Meat ain’t cheap these days. I am also happy to buy a pork shoulder and simply cut thick chops that way. I love pork, and I especially love this cut of pork. Enjoy!

4 thick cut pork chops
1 onion, chopped
4 cups of applesauce
(I use my home canned stuff)
1 T olive oil
(or whatever you have on hand)
2 T Worcester sauce
2 T BBQ sauce, any brand
2 T brown sugar



Brown the pork chops on all sides. You can use the “saute” function on your Instant Pot, or brown in a skillet. Set the chops aside on a plate. Mix remaining ingredients well in another bowl. Deglaze the onions (that’s Food Network speak for “brown the onions in the meat schmutz so that the onions catch the flavor of the meat”) in the same skillet/pot until they are slightly browned. Turn off the Instant Pot, remove the onions and place the meat in the Instant Pot (or traditional pressure cooker), pour the onions over the meat. Pour the applesauce mixture over the meat. Set the Instant Pot for “Pressure Cook” and set the timer for 15 minutes. Be sure to check for doneness once you have relieved the pressure of the cooker.

Serve the meat separate from the sauce, and be sure to take a bite of applesauce and pork and think of the “Brady Bunch”.