6 PORK CHOP MARINADES

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BARBECUE MARINADE

1/4 cup barbecue sauce
1 Tbsp honey
1 Tbsp apple cider vinegar
1/4 tsp chili powder
1/4 tsp salt, 1/8 tsp pepper

BASIL BALSAMIC MARINADE

2 Tbsp balsamic vinegar
1 tbsp olive oil
1/2 tsp dried basil
1/2 tsp garlic powder
1/4 tsp salt, 1/8 tsp pepper

SWEET SPICY MARINADE

1/4 cup soy sauce
1 Tbsp olive oil
1 Tbsp honey
1 Tbsp hot sauce
1/2 lemon juice
1/4 tsp salt, 1/8 tsp pepper

HONEY MUSTARD MARINADE

4 Tbsp olive oil
2 Tbsp dijon mustard
2 Tbsp honey
1 Tbsp whole grain mustard
1/2 tsp garlic powder
1/4 tsp salt, 1/8 tsp pepper

CHILI LIME MARINADE

1 Tbsp olive oil
1/4 cup lime juice
2 tsp lime zest
1/2 tsp chili powder
1/2 tsp garlic powder
1/4 tsp paprika
1/4 tsp salt, 1/8 tsp pepper

LEMON HERB MARINADE

2 Tbsp olive oil
1/2 of lemon, squeezed
2 garlic cloves - minced
1 tsp Italian seasoning
1/4 tsp salt, 1/8 tsp pepper

MARINADE INSTRUCTIONS:

- Add all marinade ingredients to a small bowl and mix together. Add the pork chops to a plastic bag or glass container. Pour the marinade sauce overtop. The container should be small enough so that pork chops can soak up the sauce. Seal and let it sit in the fridge for a minimum of 1 hour, but preferably overnight. Pork chops can also be frozen with the marinade included.

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