

Baked Apricot Onion Steaks



Ingredients

1 Tbsp / 15 mL canola oil
6 pork shoulder blade steaks, bone-in, about 3 lb / 1.4 kg
1 Tbsp / 15 mL canola oil
3 medium yellow onions, quartered
½ tsp / 2 mL garlic powder
1 medium leek, thinly sliced, white and tender green parts only
2 cups / 500 mL apricot nectar
2-3 Tbsp / 30-45 mL dry onion soup mix
¼ cup / 50 mL chopped fresh parsley

Directions

1. Preheat oven to 350°F.
2. In large skillet, heat first amount of oil over medium-high heat. Sear steaks, two at a time, for 2-3 minutes per side depending on thickness. Transfer steaks to a large casserole or baking dish.
3. Heat second amount of cooking oil in same frying pan over medium heat. Add onion, garlic and leek. Sauté for 8-10 minutes, stirring often, until onion is soft and golden.
4. Add nectar and soup mix. Stir to combine.
5. Pour onion mixture over steaks, turning until coated.
6. Cover steaks loosely with aluminum foil. Bake in preheated oven for 45 minutes.
7. Remove foil and bake 40-50 minutes more, just until steaks are tender and sauce is thickened.
8. Remove steaks from oven. Mix in parsley and serve.

Additional Info

- **Cut:** Chops/steaks
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 105
- **Number of Servings:** 6