

Brazilian Pork

- 4 boneless pork loin chops, $\frac{3}{4}$ inch thick (5 ounces each), well-trimmed
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon ground coriander (seeds of cilantro)
- $\frac{1}{2}$ tablespoon chopped fresh *thyme*
- $\frac{1}{8}$ teaspoon ground allspice
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon olive oil
- 1 medium onion, chopped
- 3 garlic cloves, crushed with garlic press
- 1 can (15 to 19 ounces) black beans, rinsed and drained
- $\frac{1}{2}$ cup chicken broth
- 1 tablespoon fresh lime juice
- $\frac{1}{4}$ teaspoon coarsely ground black pepper
- $\frac{1}{4}$ cup packed chopped fresh *cilantro*
- fresh orange wedges (optional)

Pat pork chops dry with paper towels. In cup, mix cumin, coriander, thyme, allspice, and $\frac{1}{4}$ teaspoon salt. Rub pork chops with spice mixture. Heat nonstick 12-inch skillet over medium-high heat until hot. Add pork chops and cook 4 minutes; turn pork over and cook 3 to 4 minutes longer, until lightly browned on the outside and still slightly pink on the inside. Transfer pork to platter; cover with foil to keep warm.

In the same skillet, heat olive oil over medium heat. Add onion and cook, stirring frequently, 5 minutes or until golden. Add garlic and cook 1 minute longer, stirring. Add beans, chicken broth, lime juice, pepper, and remaining $\frac{1}{4}$ teaspoon salt; heat through.

To serve, spoon bean mixture over pork; sprinkle with cilantro. Serve with orange wedges if you like.

Serves 4.