

Pork Blade Steaks

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Servings: 6

Yield: 6 steaks

Ingredients

- ¼ cup butter
 - ¼ cup soy sauce (we like to substitute with Bragg Liquid Aminos or Coconut Aminos)
 - 1 bunch green onions, chopped
 - 2 cloves garlic, minced
 - 6 pork blade (butt) steaks
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Directions

1. Gather all ingredients.
 2. In a large skillet over medium heat, melt the butter. Stir in the soy sauce.
 3. Add the green onions and garlic; cook until lightly browned, about 2 minutes.
 4. Place the pork steaks in the skillet. Cover and cook until browned, 8–10 minutes per side.
 5. Remove the lid and continue cooking until an instant-read thermometer inserted into the thickest part of the steak reads **145°F (63°C)**, about 10 minutes.
 6. Remove from heat and serve warm. Enjoy!
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Nutrition Facts (per serving)

Per serving: Calories 353 Total Fat 25g Saturated Fat 11g Cholesterol 118mg
Sodium 720mg Total Carbohydrate 4g Dietary Fiber 1g Total Sugars 1g Protein 27g
Vitamin C 7mg Calcium 59mg Iron 3mg Potassium 437mg