

Apple Carrot Soup

Makes: 8 servings

Ginger and orange peel are the secret ingredients to this pork, apple, and carrot soup.

Ingredients

- 1 pound** pork (lean, cut into chunks)
- 4** apple (with skin, cored and quartered)
- 4** carrot (large, peeled and cut into chunks)
- 1** orange peel (dried, optional)
- 4 slices** ginger
- 1/2 teaspoon** salt
- 20 cups** water

Directions

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days.

San Francisco Department of Public Health, Chinatown Public Health Center. Healthy & Delicious--Simple Ways to Low Fat Chinese Cooking

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	3 g	5%
Protein	10 g	
Carbohydrates	13 g	4%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	200 mg	8%

*Percent Daily Values are based on a 2,000 calorie diet.