



# Apple Carrot Soup

**Makes 8 servings (1 serving = 1 cup)**

## Ingredients:

- 1 pound lean pork, cut into chunks
- 4 apples with skin, cored and quartered
- 4 large carrots, peeled, cut into chunks
- 1 piece dried orange peel (optional)
- 4 slices ginger
- ½ teaspoon salt
- 20 cups water

## Instruction:

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<sup>8</sup>.

## Nutrition tips:

Adding fruit to soup enhances the flavor and nutritional value. Studies have shown that people with low intakes of fruits and vegetables experience twice the risk of cancer compared to those with high intakes.

### Nutrition information per serving:

**Calories:** 133

**Cholesterol:** 35 mg

**Carbohydrates:** 13 g

**Total fat:** 3 g

**Sodium:** 20 mg

**Protein:** 13 g

**Saturated Fat:** 1 g

**Fiber:** 3 g

(8) Partnership for Food Safety Education, Chill: Refrigerate Properly and Promptly, <http://www.fightbac.org/chill.cfm>, accessed 8/23/05