

Apple Carrot Soup



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 8

Prep: 10 minutes | **Cook:** 1 hour 30 minutes

INGREDIENTS

- 1 pound lean Pork, cut into chunks
- 4 Apples, with skin, cored and quartered
- 4 large Carrots, peeled and cut into chunks
- 1 teaspoon Orange Peel, dried, optional
- 4 slices Ginger
- 1/2 teaspoon Salt
- 12 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 1 hour 30 minutes.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days.



Nutrition Information

Serving Size: 1 cup

Calories	116
Total fat	2 g
Saturated Fat	1 g
Trans fat	
Cholesterol	27 mg
Sodium	220 mg
Carbohydrates	3 g
Fiber	9 g
Sugars	0 g
Protein	12 g

Recipe adapted from: USDA
MyPlate