

食譜

Recipes



Pumpkin, Tomatoes, Red Beans and Lean Pork Soup

Ingredients:

Pumpkin	480 g
Tomatoes	250 g
Red beans	40 g
Dried tangerine peel	1 piece
Lean pork	320 g
Water	As appropriate

(Serves about 6-8 persons)



Seasoning:

Salt	1/3 teaspoon
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Method:

1. Peel and core the pumpkin. Rinse and cut into thick chunks.
2. Rinse and cut the tomatoes.
3. Rinse and drain the red beans. Rinse the dried tangerine peel.
4. Rinse and blanch the pork.
5. Boil the water over high heat. Add in all the ingredients and bring to the boil. Continue boiling over medium heat for 1.5 hours. Season to taste with salt.



Nutrition Tips

1. This soup is rich in vitamin A and dietary fibre. Part of the pumpkin will become mushy in the soup. When eaten together with the tomatoes and red beans, the soup can help increase the energy and nutrient intakes.
2. Besides red beans, dried beans like soy beans and black-eyed peas, etc. can be added to increase the soluble fibre content.