

食譜

Recipes



Corn and Carrot Soup with Chayote and Lean Pork

Ingredients:

(Serves about 4 persons)

Corn	1 piece
Carrot	1 piece
Chayote	1 piece
Lean pork	About 160 g
Dried dates	2 pieces
Water	7-8 cups

(Remark: 1 cup ≈ 240 ml)



Method:

1. Wash the lean pork, then blanch it in hot water. Set aside.
2. Wash the dried dates. Set aside.
3. Peel the carrot and husk the corn. Wash and cut them into slices. Set aside.
4. Wash and core the chayote. Cut it into sections and set aside.
5. Pour water into the pot and add all the ingredients.
6. Bring all the ingredients to a boil over high heat, then simmer over medium heat for 2 hours and serve.



Nutrition Tips

1. Many vegetables are added in this soup. Eating the vegetables while drinking soup helps to attain the recommended daily vegetables intake.
2. Carrots are rich in beta-carotene which is essential for maintaining healthy vision, skin and immune system.