

# Apple Carrot Soup

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-carrot-soup>

## Ingredients

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

## Instructions

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.

**Makes 8 servings**

**Serving size: 1 cup**

## Nutrition information per serving

Calories: 116	Dietary Fiber: 3 g
Total Fat: 2 g	Sodium: 220 mg
Saturated Fat: 1 g	Protein: 12 g
Cholesterol: 27 mg	Carbohydrates: 13 g