

Carrot Soup

Ingredients:

- 200 g lean pork
- 1 carrot (green)
- 1 carrot (red)
- 5 water chestnuts
- 2 dried honey dates
- a little salt
- 1 piece of ginger

Directions:

1. Soak honey dates in a bowl of water.
2. Shred away carrots outer layer. Cut carrots into cubes.
3. Shred away water chestnuts outer layer.
4. Boil a pot of water, then put in cut pork meat and cook about 15 minutes and put in carrots . Add in water chestnuts, sliced ginger and honey dates. Cook about 2 1/2 to 3 hours.
5. When the soup is cooked, add a little salt.

Serves: 4