



Papaya, Black-eyed Peas and Pork Shin Soup

Papaya imparts a sweet flavor to this soup. Black-eyed peas and pork provide good sources of protein, making this a nutritious soup for the elderly.



Ingredients

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|--------------------|-------------------|
| 1. Papaya | 12 taels (~480 g) |
| 2. Black-eyed peas | 1 tael (~40 g) |
| 3. Pork shin | 8 taels (~320 g) |
| 4. Corn on the cob | 1 piece (~230 g) |
| 5. Water | 6 bowls |

Seasoning

- | | |
|---------|-------|
| 1. Salt | ¼ tsp |
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Method

1. Rinse, deseed and peel the papaya, cut into pieces. Rinse and remove the skin of the corn, cut into chunks. Set aside.
2. Wash the black-eyed peas and soak for around 30 minutes. Drain and set aside.
3. Rinse the pork shin. Cut into pieces and blanch.
4. Boil the water and all the ingredients over high heat, then turn to low heat to simmer for about 2 hours.
5. Season with salt.

Nutrition / Preparation Tips

1. Papaya contains beta-carotene which could be converted into vitamin A in the body. Vitamin A is important for night vision and maintaining healthy skin and mucous membrane.
2. Black-eyed peas contain water-soluble fibre, which binds with cholesterol-like substance that is then excreted from the body, helping with lowering blood cholesterol levels.

Notes for Special Diets

● Diabetic diet

Papaya, black-eyed peas and corn are rich in carbohydrates. It is recommended to take no more than one bowl of soup per meal and exchange for ½ tablespoon of rice (½ carbohydrate exchange). If the soup ingredients are consumed, exchange each serving for 2 tablespoons of rice (2 carbohydrate exchanges).

● Low-purine Diet

Pork should be consumed in moderation and counted towards total daily servings of “meat, fish, egg and alternatives” group to avoid excessive intake.



Nutrient Analysis(per serving)

Energy(kcal)	228
Carbohydrate(g)	23
Protein(g)	20
Fat(g)	6
Dietary fibre(g)	4
Sodium(mg)	217

