#### (Serves 4)

# 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 nutritions soup for the elderly.

## Ingredients

- 1. Papaya 12 taels (~480 g)
- 2. Black-eyed peas
- 3. Pork shin 8 taels (~320 g)
- 4. Corn on the
- cob 5. Water

1 tael (~40 g)

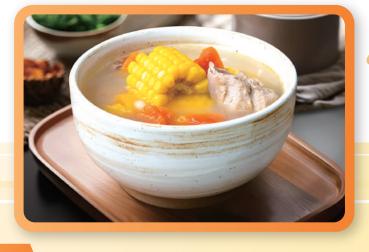
1 piece (~230 g)

6 bowls

¼ tsp

#### Seasoning

- 1. Salt



#### 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-eved 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 1/2 tablespoon of rice (1/2 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



Elderly Health Service, Department of Health Website : www.elderly.gov.hk Elderly Health Infoline : 2121 8080



