

Autumn Soup Recipe

Serves 4



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Ingredients

Olive oil

1 small onion

Corn from 3 cobs

4 potatoes, cubed

50c piece size of ginger finely chopped

1 bok choy washed & coarsely chopped

300g pork meat, cut into bite-size pieces

Method

Heat oil in the bottom of a large saucepan and add onion.

Sauté onions until soft and then remove. Place pork in pot with 1 ½ Litres of water and heat to a rolling boil.

Re-add onions and all other ingredients except a few pieces of bok choy.

Cover and simmer for two hours, adding the last of the bok choy a minute or two before removing the saucepan from heat.

Salt to taste. Serve warm.

Benefits

Improve digestion and increased energy and strength

Pork moistens dryness

Bok choy helps circulation

Treats cold hands & feet in winter