

# HEARTY PORK & VEGETABLE SOUP



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**SERVINGS: 8 | SERVING SIZE: 1 CUP**

★ **Calories:** 450 **Total Fat:** 22g **Saturated Fat:** 11g **Sodium:** 640mg **Carbohydrates:** 34g **Fiber:** 6g **Protein:** 30g

## INGREDIENTS

- 1 24-ounce can USDA commodity pork, drained (or 4 pork chops, cooked)
- 2 14-ounce cans of broth (vegetable, chicken or beef)
- 3 cups water
- 1/2 medium head cabbage, finely chopped (about 4-5 cups)
- 3 medium potatoes, cut into half-inch pieces
- 3 large carrots, peeled, cut into half-inch thick pieces
- 1 medium onion, cut into half-inch pieces
- 1/8 teaspoon garlic powder (or 1 clove of fresh garlic, minced)
- Salt and pepper to taste

## DIRECTIONS

1. Combine broth, water, cabbage, potatoes, carrots, onion, and seasonings in large pot.
2. Bring to a boil over medium-high heat.
3. Reduce heat to low, and simmer until vegetables are tender about 15 minutes.
4. Add pieces of cooked pork chops.
5. Simmer until heated through, about 5 minutes.

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