

Cantonese Pork Soup with Carrots & Chinese Yam

Yield: 4 min
Total Time: 330 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-chinese-yam-recipe>

Ingredients:

- 4 dried shiitake mushrooms large
- 1 1/3 pounds pork shoulder lean, /butt, 1 large piece, about 1 1/3 pounds
- 1 1/8 pounds large carrots about 1 pound, cut into large chunks
- 1/2 ounce dried red dates also known as dried jujubes, pitted and halved
- 2 3/8 tablespoons goji berries dried
- 1 chunk ginger smashed
- 14 cups water
- 1 1/8 pounds yams Chinese, about 1 pound, peeled and cut into large chunks
- salt to taste

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 100 milligrams
4. Fat: 11 grams
5. Fiber: 9 grams
6. Protein: 34 grams
7. SaturatedFat: 3 grams
8. Sodium: 450 milligrams
9. Sugar: 8 grams

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