

Chinese Renal Kitchen - Pork and Cauliflower Soup

 Servings: 6



Nutrient Analysis Per Serving:

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|---------------|--------|
| Protein | 11 g |
| Carbohydrates | 7 g |
| Fat | 12 g |
| Potassium | 472 mg |
| Phosphorus | 141 mg |
| Sodium | 299 mg |

**The original recipe was taken from the Chinese Renal Kitchen: Cookbook for People Living with A Special Diet for Kidneys, Renal Department, St. Paul's Hospital, Vancouver, BC, 1998.*

Note: This handout does not replace consultation with your kidney dietitian or health care provider.

Ingredients:

| | |
|--------------------------------------------------------------------|--------------------------|
| Ground pork, lean or medium | ~ 1/2 pound or 250 grams |
| Onion, yellow, chopped | 1 medium |
| Vegetables oil | 2 tablespoons or 30 mL |
| Water, hot | 1 L or 4 cups |
| Cauliflower, small, cut into flowerets | ~ 1 pound or 500 grams |
| Homemade chicken broth or "no salt added" tetra pack chicken broth | 500 mL or 2 cups |
| Cilantro, fresh | 2 sprigs |

Marinade:

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|----------------------|----------------------|
| Low sodium soy sauce | 1 teaspoon or 5 mL |
| Sugar | 1/4 teaspoon or 2 mL |
| Sesame oil | 1/4 teaspoon or 2 mL |
| Chinese cooking wine | 1/4 teaspoon or 2 mL |
| White pepper | 1/4 teaspoon or 2 mL |

Methods

- 1 Combine marinade ingredients. Add pork, let marinate about 1/2 hour.
- 2 Heat vegetable oil in wok. Add onion and pork. Stir-fry until cooked. Add cauliflower and stir-fry for another 2 minutes.
- 3 Transfer wok ingredients to a large pot. Add 4 cups of hot water to the pot and bring to a boil. Add the "no salt added" chicken broth. Cover and simmer about 15 minutes or until cauliflower is tender. Remove from heat. Add chopped cilantro.