

**Recipe Name:** Asian Pork and Noodles Soup

**Recipe Category:** Lunch entree

**Portion Size:** 2 cups

**Ingredients:** Yields: 8 servings

Ingredients	Notes:
3/4 lbs. dry Chinese noodles or spaghetti	May use whole grain
2 Tablespoons olive oil	
2 cups cabbage	Wash, remove core and shredded
1 small onion, diced	Wash, peel and dice
1/2 cup carrots	Wash, peel and shredded
2 Tablespoon lite soy sauce	
1/4 teaspoon black pepper	
1 lb. lean pork tenderloin	Cut into thin strips
2 gallons reduced sodium chicken broth	
2 tablespoons garlic clove, minced	
1 tablespoon ground ginger	
2 tablespoons fresh green onions	Wash, trim and slice thin. (including green tops)

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	In a large stock pot heat oil to medium high heat. Add pork tenderloin and cook until lightly browned. Stir in cabbage, carrots, garlic and onion. Cook until tender	
2	Stir in chicken broth, soy sauce, pepper and ginger. Bring to boil. Add noodles and cook until tender. About 8-10 minutes Serve hot. Top with green onions.	Temperature check must reach 165 °F degrees

**Time Temperature Sensitive food.** Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41° F or colder or using time alone (less than four hours).

**Texture Modified Diets: TIP: Use pasta that is the correct particle size.**

**Soft & Bite Size:** (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size prior to mixing. Moisten with broth as needed. Omit green onions.

**Chopped:** **Food particle size 1/4 inch (~ 1/2 width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size prior to mixing. Moisten with broth as needed. Omit green onions.

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with broth as needed. Omit green onions.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Omit green onions.

Puree each item individually and serve separately (meat, vegetables and noodles). May add broth to moisten meat.

Serve 1/2 c. puree pork and 1/2 c. puree pasta separately.

Serve 1/2 cup puree pork, 1/2 cup puree noodles and 1/2 cup puree carrots separately.

**Therapeutic Modified Diets:**

**Lowfat:** no changes

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** No changes needed

**Bland/Anti Reflux:** Omit pepper, garlic, and onions. Sub. Green beans for cabbage.

**Liberal House Renal:** Omit soy sauce. Use SF chicken broth or water.

**No Added Salt:** Omit soy sauce

**2 Gram Sodium:** Omit soy sauce. Use SF chicken broth or water

**Gluten Free:** Use gluten free noodles, GF soy sauce and GF chicken broth. Prepare foods separately to prevent cross contamination.

**Allergy Alerts:** When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X		X		X		

**Key:** SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free