

# Ski Slope Soup

JANEVA EICKHOFF



**S E R V I N G S :** 8 (1 ½ C. serving size)

## **N U T R I T I O N I N F O** (per serving, no toppings)

Calories — 294    Fat — 13 g    Protein — 31 g  
Carbs — 6 g    Fiber — 2 g    Net carbs — 4 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

## **I N G R E D I E N T S** (soup)

- 2 ½ lbs. boneless pork chops
- 14.5 oz. can diced tomatoes (with liquid)
- 2 C. diced turnips
- 2 T. dried minced onions
- 1 tsp. minced garlic
- 4 C. chicken or bone broth
- 1 T. olive or avocado oil
- 1 T. chili powder
- 1 ½ tsp. dried oregano
- 1 tsp. salt
- ½ tsp. black pepper
- ½ tsp. ground cumin

## **I N G R E D I E N T S** (toppings), optional

- Lime wedges
- Chopped fresh cilantro

## **D I R E C T I O N S**

1. In order, place all soup ingredients in crockpot; stir broth to combine.
2. Cook on low heat for 8 hours.
3. Remove pork chops and shred with a fork and return to crockpot; stir.
4. Serve with toppings and additional salt and pepper, if desired.