Pork Nilaga is a traditional Filipino soup dish that is often enjoyed on cold and rainy days. The dish features tender chunks of pork, potatoes, and other vegetables cooked in a flavorful broth.

Ingredients:

- 1 pound pork belly or pork shoulder, cut into chunks

- 1 onion, chopped

- 3 cloves garlic, minced

- 1 teaspoon whole peppercorns

- 2 bay leaves

- 1 tablespoon fish sauce

- 1 teaspoon salt

- 6 cups water

- 3 potatoes, peeled and chopped

- 1/2 head cabbage, chopped

- 2 carrots, chopped

- 1 stalk celery, chopped

Method:

1. In a large pot, combine the pork, onion, garlic, peppercorns, bay leaves, fish sauce, salt, and water.

2. Bring the mixture to a boil, then reduce the heat and let it simmer for about 1 hour or until the pork is tender.

3. Skim off any foam that rises to the surface.

4. Add the potatoes, cabbage, carrots, and celery to the pot and continue to simmer for another 20-25 minutes or until the vegetables are cooked.

5. Adjust the seasoning with additional salt and pepper if necessary.

6. Serve the pork nilaga hot with rice.

Nutritional Information:

- Calories: 250-300

- Total fat: 15-20g

- Saturated fat: 5-8g

- Cholesterol: 60-80mg

- Sodium: 500-600mg

- Total carbohydrates: 10-15g

- Dietary fiber: 2-3g

- Sugars: 3-5g

- Protein: 15-20g