



Hot and Sour Soup with Shrimp

Fresh lemon juice lends the soup a tangy, sour flavor. Add more juice, if you like.



Photo by: Randy Mayor

YIELD: 4 servings (serving size: 1 3/4 cups)

COURSE: Soups/Stews

Ingredients

3 cups fat-free, less-sodium chicken broth

1/2 cup presliced mushrooms

1 tablespoon low-sodium soy sauce

1 (8-ounce) can sliced bamboo shoots, drained

2 1/2 tablespoons fresh lemon juice

1 teaspoon white pepper

1 1/2 pounds medium shrimp, peeled and deveined

8 ounces reduced-fat firm tofu, drained and cut into 1-inch cubes

1 tablespoon cornstarch

2 tablespoons water

1 large egg white, beaten

1/4 teaspoon chili oil

2 tablespoons chopped green onions

Preparation

Combine first 4 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 5 minutes. Add juice, pepper, shrimp, and tofu to pan; bring to a boil. Cook 2 minutes or until shrimp are almost done. Combine cornstarch and water in a small bowl, stirring until smooth. Add cornstarch mixture to pan; cook 1 minute, stirring constantly with a whisk. Slowly drizzle egg white into pan, stirring constantly. Remove from heat; stir in chili oil and onions.

Nutritional Information

Amount per serving

Calories: 233

Calories from fat: 18%
Fat: 4.7g
Saturated fat: 1g
Monounsaturated fat: 0.8g
Polyunsaturated fat: 1.3g
Protein: 38g
Carbohydrate: 9.4g
Fiber: 2.3g
Cholesterol: 252mg
Iron: 5.7mg
Sodium: 736mg
Calcium: 98mg

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