

Hot & Sour Soup



PREP TIME

20 mins

COOK TIME

25 mins

TOTAL TIME

45 mins



COURSE

Dinner, Lunch



SERVINGS

8 servings

CALORIES

178 kcal

INGREDIENTS

- 6 c water
- 4 tsp better than bouillon paste
- 12 oz fresh shiitake mushrooms sliced finely
- 16 oz extra firm tofu sliced into thin, 1/2 inch long strips
- 7 oz plain seitan sliced into thin strips
- 16 oz canned bamboo shoots sliced into matchsticks
- 6 Tbsp low sodium soy sauce
- 1 heaping Tbsp hoisin sauce
- 1/2 c seasoned rice vinegar
- 1-3 Tbsp Huy Fong Chili Garlic Sauce (depending on how spicy you want it)
- 1 bunch green onions slivered
- 1/3 c cornstarch
- 1/3 c cold water

INSTRUCTIONS

1. The key to this soup is to make sure your mushrooms, tofu, bamboo shoots, and seitan are sliced into long, skinny strips before you start cooking. This takes a little time but is 100% worth it.
2. Bring the water and the bullion paste to a boil in a medium to large pot.
3. Add the mushrooms, tofu, bamboo shoots, seitan, soy sauce, hoisin sauce and boil for an additional 5 minutes.
4. Stir in the vinegar and Chili Garlic Sauce, tasting as you add it, to make sure it's not too spicy for you. Lower heat and simmer for 3 more minutes.
5. In a separate, small bowl, mix cornstarch into cold water until totally dissolved.
6. Whisk this mixture into your soup until totally incorporated. Simmer for another minute or two until the soup starts to thicken. Remove from heat.
7. Garnish with slivered green onions and serve.

NUTRITION

Nutrition Facts

Hot & Sour Soup

Amount Per Serving

Calories 178 Calories from Fat 36

% Daily Value*

Fat 4g **6%**

Carbohydrates 22g **7%**

Protein 14g **28%**

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!