

## **Vegetarian Hot and Sour Soup (CHINESE)**

**Serving size:** 1 cup // makes 8 Servings

**Prep time:** 20 minutes

**Cook time:** 15 minutes

**Total time:** 35 minutes

### **Ingredients:**

- 4 dried Chinese black (shiitake) mushrooms
- Hot water
- 2 tsp canola oil
- 1 carrot, peeled and julienned
- 5 cups vegetable broth (low sodium)
- ¼ cup canned bamboo shoots, drained, julienned
- 3 Tbsp low-sodium soy sauce\*
- 1/3 cup rice vinegar
- ¾ tsp ground white pepper
- 6 oz firm tofu, julienned
- 2 eggs, lightly beaten (optional)
- 2 stalks green onion, thinly sliced



### **Preparation**

1. In small bowl, soak dried mushrooms in hot water for 20 minutes or until softened. Cut off stems and any hard areas and discard. Cut caps into thin slices. Set aside.
2. In stock pot, heat canola oil over medium-high heat. Add mushrooms and carrots and cook 2 minutes or until carrots are just soft. Add vegetable broth and bamboo shoots and bring to a boil. Add cornstarch mixture and stir until soup thickens, about 2 minutes. Add soy sauce, rice vinegar and white pepper. Stir.
3. Add tofu and bring soup back to a boil. While stirring soup in circular motion in one direction, pour eggs in thin stream into soup.
4. Remove soup from heat. Stir in green onions. Taste and adjust flavor with rice vinegar and white pepper. Serve immediately.

### **Note:**

While low sodium soy sauce is lower in sodium than regular soy sauce, it still has a lot of sodium! Kikkoman's "Less Sodium" Soy Sauce has 575mg sodium per tablespoon. Their regular soy sauce has 920mg per tablespoon!

Low sodium Tamari sauce has 490mg Sodium per tablespoon

Coconut Aminos has 270mg Sodium per table spoon

### **Nutritional Information (Per Serving):**

Calories: 80 / Protein: 4g / Fat: 3.5g / Sodium: 450mg / Cholesterol: 55mg / Saturated Fat: 0g / Dietary Fiber: 2g Carbohydrates: 8g