

Chinese Hot & Sour Soup – Vegetable Hot & Sour Soup

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-hot-sour-soup-recipe-chinese>

Ingredients:

- 1/3 cup carrot
- 1 bok choy
- 3 spring onions
- 10 french beans
- 4 baby corn
- 1 tablespoon jalapeno
- 3 cloves finely minced
- 2 teaspoons ginger
- 4 cups water
- 3 tablespoons corn starch
- 3 tablespoons soy sauce
- 1 tablespoon mushroom sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon hot chili sauce
- salt – to taste
- 1/2 teaspoon pepper
- 1 tablespoon oil

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 14 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. Sodium: 1030 milligrams
7. Sugar: 3 grams

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