

# Spicy Tofu Soup

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/bean-curd-soup-indian-recipe>

## Ingredients:

- 4 1/4 cups vegetable stock can be beef or chicken stock
- 2 tablespoons bean curd Korean, paste
- 1 tablespoon bean paste chilli
- 4 fresh shiitake mushrooms stems removed, thinly sliced
- 1 1/8 cups enoki mushrooms trimmed
- 3/4 cup silken tofu cut into squares
- 6 spring onions finely sliced
- bean curd
- bean paste

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 16 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 8 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1150 milligrams
8. Sugar: 6 grams

---

Thank you for visiting our website. Hope you enjoy Spicy Tofu Soup above. You can see more 19 bean curd soup indian recipe Dive into deliciousness! to get more great cooking ideas.