

Vietnamese Sweet & Sour Catfish Soup (Canh Chua Ca Tre)

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/catfish-sour-soup-vietnamese-recipe>

Ingredients:

- 1/2 pound catfish thoroughly clean and slice into 1-inch steaks
- 2 teaspoons fish sauce
- 8 cups water
- 5 tablespoons granulated white sugar
- 2 tablespoons tamarind powder, or 40 grams tamarind pulp dissolved in 1/3 cup hot water, strained and discard pulp
- 1 tablespoon chicken stock powder
- 1 teaspoon salt
- 4 tomatoes large, about 1 lb; quarter
- 2 cups bean sprouts
- 2 tablespoons vegetable oil
- 2 cloves garlic mince
- 10 sprigs Thai basil remove leaves from stem and cut into thin strips
- 1 Thai chili pepper optional for those who like it spicy

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 25 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 890 milligrams

9. Sugar: 23 grams

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