

# Thai Garden Vegetable Chicken Wonton Soup

Yield: 4 min  
Total Time: 12 min

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

## Ingredients:

- 16 ounces ground chicken 1 lb.
- 2 cloves garlic minced
- 2 green onions thinly sliced
- 1 tablespoon oyster sauce
- 1 teaspoon reduced sodium soy sauce
- 1 tablespoon ginger freshly grated
- 1 teaspoon sesame oil
- 1/4 teaspoon ground black pepper
- 36 squares wonton wrappers 2- inch
- 8 cups chicken broth
- 2 cups savoy cabbage or Napa, chopped
- 1 cup broccoli florets chopped
- 1/2 cup matchstick carrots
- 1/2 cup sliced mushrooms
- 1 clove garlic minced
- 1/4 cup soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon oyster sauce
- 1/2 cup frozen chopped spinach
- 1/4 cup vinegar thai chili
- 1 teaspoon fresh ginger minced
- 12 wontons 10-
- cilantro for garnish, optional

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 15 grams

3. Cholesterol: 100 milligrams
  4. Fat: 16 grams
  5. Fiber: 4 grams
  6. Protein: 33 grams
  7. SaturatedFat: 2.5 grams
  8. Sodium: 1370 milligrams
  9. Sugar: 3 grams
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