

# Skinny Chinese Chicken Soup

Yield: 8 min  
Total Time: 40 min

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

## Ingredients:

- 42 ounces reduced sodium chicken broth I like Swanson's
- 2 cups mushrooms stemmed and sliced
- 2 tablespoons reduced sodium soy sauce
- 2 tablespoons sugar
- 1 tablespoon sherry optional
- 1 tablespoon ginger in a jar, see shopping tip
- 2 cups cooked chicken breasts cut into small chunks, see shopping tip
- 1 1/4 cups edamame frozen or fresh, shelled
- 1/2 cup scallions green onions, sliced
- 1 1/2 cups cooked brown rice I love Basmati brown rice, see shopping tip
- 1/4 cup scallions sliced
- sesame seeds

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 16 grams
3. Fat: 2 grams
4. Fiber: 2 grams
5. Protein: 5 grams
6. Sodium: 490 milligrams
7. Sugar: 4 grams

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