

Chinese Chicken Vegetable Soup

Yield: 12 min
Total Time: 55 min

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

Ingredients:

- 1 teaspoon vegetable oil
- 1 pound boneless chicken thighs cut into bite-size pieces
- 1 boneless chicken breast skinless, half - cut into bite-size pieces
- 8 cups water
- 1 chicken bouillon cube
- 1 clove garlic minced
- 1 teaspoon fresh ginger root minced
- 2 teaspoons soy sauce
- 1/2 teaspoon sesame oil Asian, toasted
- 7 ounces baby corn ears
- 8 ounces water chestnuts sliced, rinsed and drained
- 10 ounces shredded carrots
- 1 cup broccoli florets
- 1 cup napa cabbage shredded
- 1/2 red bell pepper chopped
- 5 green onions chopped
- 1 stalk celery thinly sliced
- 1 zucchini small, thinly sliced
- 1 cup snow peas
- 1 cup fresh mushrooms sliced

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 40 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams

6. Protein: 11 grams
 7. SaturatedFat: 1.5 grams
 8. Sodium: 230 milligrams
 9. Sugar: 3 grams
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