

Chinese Dumpling Soup

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 8 7/16 cups low sodium chicken stock
- 1 piece fresh ginger peeled and julienned or cut into match
- 1 tablespoon soy sauce preferably dark
- 4 tablespoons cooking wine Shaoxing rice, or pale dry sherry
- 1 tablespoon balsamic vinegar or 2 tbsps black vinegar
- 2 teaspoons dark sesame oil
- 1 teaspoon sugar
- 1 pinch salt
- 2 carrots thinly sliced on the bias
- 24 dumplings frozen Chinese, pork and/or prawns, or 450g package
- 3 spring onions white and green parts, thinly sliced
- 2 2/3 cups baby spinach
- coriander Chopped, optional
- chilli paste Asian, optional

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 14 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 12 grams
6. Sodium: 590 milligrams
7. Sugar: 4 grams

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