

Chinese Nine-Vegetable Hot and Sour Soup

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-hot-and-sour-soup-recipe-vegan>

Ingredients:

- 3 tablespoons olive oil
- 1 onion thinly sliced
- 1 tablespoon grated ginger
- 1 jalapeno minced
- 1 large sweet potato peeled and diced
- 1 cup carrots diced
- 1/2 savoy cabbage coarsely chopped
- 2 1/2 quarts water or vegetable broth
- 1/2 cup soy sauce
- 1/3 cup rice vinegar
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 1/2 cup cold water
- 1/4 cup cornstarch
- 1 zucchini diced
- 1 red bell pepper diced
- 8 ounces extra firm tofu cut into 1/2-inch cubes
- 4 baby bok choy thinly sliced
- 14 ounces canned diced tomatoes
- 2 teaspoons sesame oil

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 23 grams
3. Fat: 9 grams
4. Fiber: 6 grams
5. Protein: 11 grams

6. SaturatedFat: 1 grams
 7. Sodium: 1690 milligrams
 8. Sugar: 6 grams
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