

Chinese Hot & Sour Soup With A Twist

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 tablespoon oil
- 2 cloves garlic finely chopped
- 3/4 ounce shitake mushrooms / about 6-7 mushrooms, sliced
- 1/2 teaspoon chilli flakes dried, *adjust to taste*
- 3 fresh tomatoes roughly diced
- 2 cups kale chopped, I used the curly variety
- 1 cup frozen corn kernels
- 4 cups low sodium chicken broth you can use vegetable broth also
- 1 dash soy sauce * adjust to taste; you may need more if you make your own broth*
- 1 tablespoon sesame oil you can add more if you prefer a stronger scent
- 2 dashes ground pepper white
- 3 tablespoons cornflour
- 1/2 cup cold water
- 2 eggs beaten
- spring onions chopped for garnish *optional*

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 105 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 130 milligrams
9. Sugar: 4 grams

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