

Southern Chinese Sour & Hot Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-lily-flower-recipe>

Ingredients:

- 4 dried shiitake mushrooms
- 1 handful lily flowers dried, optional, but great if you have them
- 1 quart stock your choice chicken or vegetable stock are best here
- 3 ounces shiitakes fresh
- 2 ounces enoki mushrooms
- 8 ounces tofu
- 2 teaspoons light soy sauce
- 1/4 teaspoon dark soy sauce
- 2 1/2 chinkiang vinegar tsbp
- 1/2 teaspoon ground white pepper
- 1 teaspoon sesame oil
- 2 tablespoons greens finely sliced spring onion
- chicken leftover, optional

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 255 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 88 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 800 milligrams
9. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Southern Chinese Sour & Hot Soup above. You can see more 16 chinese lily flower recipe Try these culinary delights! to get more great cooking ideas.