

Chinese Mushroom Noodle Soup

Yield: 2 min
Total Time: 15 min

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

Ingredients:

- 1 ounce morel dried, porcini or chinese mushrooms
- 3 cups chicken or vegetable Stock
- 3 green onions finely sliced into rounds
- 1 tablespoon oyster sauce
- 1 tablespoon light soy sauce
- 1 tablespoon dark soy sauce low sodium
- 4 ounces chinese noodles Dried, your choice quick cook - no longer than 5 minutes
- 1 head bok choy /Pak choi chopped or sliced
- 1 head choy sum chopped or sliced

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 220 milligrams
4. Fat: 28 grams
5. Fiber: 7 grams
6. Protein: 82 grams
7. SaturatedFat: 6 grams
8. Sodium: 1920 milligrams
9. Sugar: 5 grams

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