

Long Soup

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 1/2 tablespoons vegetable oil
- 1/4 head cabbage shredded
- 4 ounces pork tenderloin lean, cut into thin strips
- 6 cups chicken broth
- 2 tablespoons soy sauce
- 1/2 teaspoon fresh ginger root minced
- 8 green onions fresh, chopped
- 4 ounces chinese noodles

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 20 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 2 grams
8. Sodium: 710 milligrams
9. Sugar: 1 grams

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