

How To Make Congee

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-porridge-recipe-salted-egg>

Ingredients:

- 1 cup rice — any kind
- 6 cups chicken stock vegetable stock, or water
- chicken wings Optional, for richer congee: leftover cooked, or bones from a roasted chicken, skin removed
- soy sauce
- sesame oil
- sliced green onions Thinly
- greens Wilted
- hard boiled egg or Soft-
- cooked chicken
- cooked chicken
- pork
- pork
- beef
- fried garlic
- fried shallots
- pickled vegetables

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 115 milligrams
4. Fat: 24 grams
5. Protein: 45 grams
6. SaturatedFat: 5 grams
7. Sodium: 870 milligrams
8. Sugar: 7 grams

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