

How To Make Authentic Chinese Hot And Sour Soup

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-red-vinegar-ribs-recipe>

Ingredients:

- 4 dried black mushrooms
- 1/4 cup black fungus dried
- 3 1/2 ounces pork lean, cut into strips
- 2 teaspoons salt
- 1/2 teaspoon cornstarch
- 7 ounces firm tofu drained
- 1/2 teaspoon granulated sugar
- 2/3 cup bamboo shoots sliced, drained
- 2 tablespoons water chestnut flour or cornstarch
- 1 egg beaten
- 5 tablespoons red vinegar
- 1/2 tablespoon ground white pepper
- 1 teaspoon sesame oil
- 2 cups egg noodles cooked, optional
- cilantro to garnish, optional

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 55 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 12 grams
7. SaturatedFat: 1 grams
8. Sodium: 820 milligrams
9. Sugar: 1 grams

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