

# Chinese Shrimp and Tofu Soup

Yield: 6 min  
Total Time: 38 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-shrimp-and-tofu-soup-recipe>

## Ingredients:

- 1 tablespoon vegetable oil
- 2 cloves garlic minced
- 1 piece fresh ginger root minced
- 6 ounces shrimp raw small, shelled and deveined
- 1 quart chicken stock
- 8 ounces tofu diced small
- 1/3 cup frozen peas thawed
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon cornstarch

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 50 milligrams
4. Fat: 6 grams
5. Protein: 14 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 680 milligrams
8. Sugar: 4 grams

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