

# Chinese Hot and Sour Soup

Yield: 4 min  
Total Time: 15 min

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

## Ingredients:

- 4 cups stock – use vegetable or chicken stock
- 3 tablespoons cornstarch – mixed with 3 tablespoons of water;, see Note 1
- 2 cups shiitake mushrooms – sliced ½ inch thick
- 8 ounces bamboo shoots canned, – drained
- 4 ounces extra firm tofu – drained and cut into ½ inch thick cubes
- 2 large eggs – beaten
- 2 stalks scallions – chopped
- 3 tablespoons chili pepper and garlic sauce – adjust to taste
- 2 tablespoons rice wine vinegar
- 1 tablespoon black vinegar – substitute with balsamic or rice wine vinegar, see Note 2
- 2 tablespoons low sodium soy sauce
- 1 teaspoon dark soy sauce
- 1 clove garlic – minced
- ¾ teaspoon sugar
- ½ teaspoon ginger – grated
- ½ teaspoon toasted sesame oil
- ⅛ teaspoon white pepper powder – substitute with black pepper
- ½ teaspoon Szechuan chili peppers crushed, –, optional

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 115 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 18 grams
7. SaturatedFat: 1 grams
8. Sodium: 900 milligrams
9. Sugar: 9 grams

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