

Cha Lua Soup

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-sweet-corn-and-crab-meat-soup-recipe>

Ingredients:

- 2 bone-in, skin-on chicken breasts
- 3/4 pound sausage Vietnamese, cut into 1/2 inch cubes
- 12 boiled quail eggs hard, peeled
- 7 15/16 ounces crab meat or crab sticks
- 2 cups sweet corn fresh cooked, frozen, or canned, drained
- 5 slices spring onions white and green parts
- fresh cilantro leaves chopped, for serving, or chopped dill
- eggs raw chicken, for serving, optional
- 1 tablespoon cornstarch
- 2 tablespoons cold water

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 260 milligrams
4. Fat: 32 grams
5. Fiber: 3 grams
6. Protein: 60 grams
7. SaturatedFat: 10 grams
8. Sodium: 950 milligrams
9. Sugar: 3 grams

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