

# Nourishing Chinese Soup in 15 minutes

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-stew-recipe-chinese-style>

## Ingredients:

- 1 tablespoon dried shrimp chopped
- 1 teaspoon ginger grated
- 4 sprigs coriander leaves and stalks chopped
- 2 cups water
- 4 ounces silken tofu chopped into cubes
- 1/2 tablespoon soy sauce
- 1/4 teaspoon salt
- veggies Choice:
  - 1 carrot /tomato/celery, finely chopped
  - 2 cups bok choy /swiss chard/spinach/napa cabbage
  - nori seaweed optional
  - sesame seed optional
  - sesame oil optional
  - chili flakes optional

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 9 grams
3. Fat: 15 grams
4. Fiber: 3 grams
5. Protein: 8 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 610 milligrams
8. Sugar: 3 grams

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