

Chinese Vegetable Soup with Tofu – Takeout Style

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 teaspoon peanut oil or vegetable oil
- 4 green onions cut into 2", 5 cm piece
- 1 ginger ", 5 cm, sliced
- 4 cups water
- 1 tablespoon mushroom powder
- 3/4 teaspoon salt or to taste
- 1/2 teaspoon sugar
- 1/8 teaspoon white pepper
- 1/2 block soft tofu diced
- 2 stalks celery sliced on the bias
- 1 cup mushrooms sliced
- 1 medium carrot sliced
- 1/2 head broccoli cut into medium florets

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 15 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 8 grams
6. SaturatedFat: 1 grams
7. Sodium: 510 milligrams
8. Sugar: 5 grams

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