

# Hot and Sour Soup - Vegetarian

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-vegetarian-enoki-mushroom-recipe>

## Ingredients:

- 4 cups vegetable stock
- 2 ounces mushroom mixed dried Chinese, Wood ear are traditional, we used oyster and black trumpets
- 4 ounces firm tofu cut into matchsticks
- 8 ounces bamboo shoots cut into matchsticks
- 1 ounce enoki mushrooms
- 2 tablespoons soy sauce
- 2 tablespoons balsamic vinegar
- 1 tablespoon dry sherry
- 8 ounces spaghetti shirataki
- 2 tablespoons cornstarch mixed with 2 Tablespoons water
- 1 egg beaten
- salt to taste
- ground white pepper Finely, separated, ¼ teaspoon per serving
- 3 scallions green parts only, sliced thinly, for garnish, optional

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 55 milligrams
4. Fat: 5 grams
5. Fiber: 5 grams
6. Protein: 17 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 1640 milligrams
9. Sugar: 8 grams

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