

Chinese Mushroom Soup

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 3 cups vegetable broth Low Sodium
- 1/4 teaspoon garlic powder
- 1/4 teaspoon powdered ginger
- 2 tablespoons soy sauce Low Sodium
- 4 ounces sliced mushrooms
- 6 ounces rice noodles broken in half
- 1 handful fresh spinach chopped
- 1 tablespoon white miso
- 1 tablespoon hot water
- 1 teaspoon corn starch

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 41 grams
3. Fat: 0.5 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. Sodium: 1400 milligrams
7. Sugar: 3 grams

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