

Chinese Sweet Corn Soup

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1/2 cup sweet corn kernels makke ke dane
- 1/4 cup water
- 3 pods garlic fine chopped
- 1/2 inch ginger piece of, fine chopped
- 1/4 cup spring onion white part, fine chopped
- 1/4 cup carrot fine chopped
- 1/4 cup french beans fine chopped
- 1/4 cup sweet corn kernels
- 1 teaspoon vinegar green chilli, see recipe notes
- 1 teaspoon soy sauce optional
- salt to taste
- 1 teaspoon black pepper
- 5 cups water or vegetable stock
- 2 tablespoons cornflour
- 1 tablespoon greens spring onion, fine chopped
- 2 tablespoons oil refined

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 10 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 300 milligrams
8. Sugar: 2 grams

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