

Chinese Green Bean Soup

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/lotus-seed-recipe-chinese>

Ingredients:

- 5 tablespoons sago 1/3 cup, small, small tapioca pearls
- 3 1/2 ounces green beans aka mung beans, lu dou, ??, soaked overnight, rinsed and drained
- 2 pandan screw pine, tied in a knot
- 7 3/16 cups water
- 7/8 tablespoon Orange or 3 small pieces, dried, tangerine peel, ??
- 2 13/16 ounces lotus seeds canned or vacuum-packed, or ginkgo nuts, optional
- 5 3/8 tablespoons rock sugar ??, to taste

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 65 milligrams
9. Sugar: 10 grams

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