

# Hot and Sour Soup

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mushroom-hot-and-sour-soup-recipe-indian>

## Ingredients:

- 2 teaspoons olive oil
- 2 teaspoons dark sesame oil divided
- 1/4 teaspoon red pepper flakes
- 1 package sliced mushrooms
- 3 garlic cloves minced
- 1 tablespoon fresh ginger minced or grated
- 32 ounces vegetable broth carton
- 2 1/4 cups water divided
- 1/2 cup rice vinegar
- 1 tablespoon soy sauce
- 1 teaspoon ground black pepper fresh
- 1/2 pound extra firm tofu or firm, diced
- 2 1/2 tablespoons cornstarch
- salt to taste
- cayenne pepper to taste
- 4 egg whites lightly beaten
- 1/2 cup green onions chopped
- 1/4 cup fresh cilantro minced

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 13 grams
3. Fat: 10 grams
4. Fiber: 2 grams
5. Protein: 14 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1400 milligrams
8. Sugar: 3 grams

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