

Hot and Sour Egg Drop Soup

Yield: 2 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/tofu-and-dried-mushroom-recipe-chinese>

Ingredients:

- 1/2 tablespoon canola oil
- 2 scallions chopped, white and light green part only
- 1 inch fresh ginger piece, peeled and minced
- 2 cloves garlic minced
- 2 dried red chili peppers small, chopped, depending on your heat preference
- bone broth 6 ounces Zoup! Good, Really Good™ Chicken
- 1/2 cup dried mushrooms I used a mix of shiitake and black mushrooms
- 4 ounces pork loin thinly sliced
- 6 ounces fresh shiitake and/or oyster mushrooms, sliced
- 4 ounces bamboo shoots canned, drained
- 4 ounces tofu drained and cubed
- 2 tablespoons soy sauce *see note
- 3 tablespoons rice vinegar
- 2 tablespoons cornstarch + 2 tablespoons water
- 2 eggs beaten

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 245 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 35 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1750 milligrams
9. Sugar: 7 grams

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