

Vietnamese Sour Soup(canh Chua)

Yield: 12 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-canh-chua-recipe-reddit>

Ingredients:

- 101 1/2 ounces low sodium chicken broth makes about 3 quarts
- 1 pound fish fillets cleaned cat, you may use chicken
- 1/2 pound shrimp peeled and deveined
- 3 cups fresh pineapple chopped
- 4 tomatoes large, cut into medium sized chunks
- 1 pound okra
- 1/2 pound squash baha, elephant ear stems or fuzzy
- 8 ounces bean sprouts cleaned
- herb a handful of cleaned rice, patty
- saw tooth coriander or a handful of mexican
- 1/2 teaspoon salt
- 2 tablespoons fish sauce
- 2 tablespoons sugar
- 3 tablespoons tamarind
- herb chopped fresh, patty
- chili peppers sliced fresh

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 50 milligrams
4. Fat: 3.5 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. Sodium: 490 milligrams
8. Sugar: 10 grams

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