

Vietnamese Hot and Sour Soup

Yield: 3 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-soup-recipe-without-noodles>

Ingredients:

- 1/2 onion diced, 1 cup
- 1 tablespoon vegetable oil
- 4 cloves garlic chopped
- 2 cups sliced mushrooms shiitakes or cremini
- 4 vine ripened tomatoes or Roma, diced into 1 inch pieces
- 1 teaspoon sugar
- 1 teaspoon kosher salt plus more to taste
- 1/2 teaspoon cracked pepper fresh
- 4 cups vegetable stock
- 1 teaspoon soy sauce if using veggie stock
- 8 ounces firm tofu cut into 3/4 inch cubes
- 1 tablespoon tamarind paste or tamarind concentrate or sub lime juice
- 1/4 cup chopped cilantro
- 1/4 cup chives chopped, or scallions

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 20 grams
3. Fat: 11 grams
4. Fiber: 4 grams
5. Protein: 16 grams
6. SaturatedFat: 1 grams
7. Sodium: 2170 milligrams
8. Sugar: 12 grams

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