

Hot and Sour Soup

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 8

6 cups unsalted chicken stock
1/4 cup rice vinegar
2 tablespoons Chinese black vinegar
OR balsamic vinegar
1 to 2 teaspoons chili paste with
garlic OR 5 to 10 drops red hot-
pepper sauce
1 teaspoon low-sodium soy sauce
1 tablespoon dry sherry
1/2 teaspoon garlic, finely chopped
1 to 2 teaspoons fresh ginger, finely
chopped
1 carrot, julienned
6 dried shitake OR Chinese black
mushrooms, covered with boiling
water and soaked for 20 minutes,
stemmed, the caps thinly sliced
1/4 cup cloud-ear mushrooms
(optional), covered with boiling water
and soaked for 20 minutes, thinly
sliced
16 lily buds (optional), covered with
boiling water and soaked for 5
minutes, trimmed, each bud tied in a
knot
3/4 cup bamboo shoots (optional),
rinsed and julienned
2 tablespoons cornstarch, mixed with
3 tablespoons of water
8 ounces firm bean curd (Tofu), cut
into thin strips
3 scallions, trimmed and sliced
diagonally into ovals

Heat the stock in a large pot over medium-high heat. Add the vinegars, chili paste or hot red-pepper sauce, soy sauce, sherry, garlic, ginger, carrot, shitake or Chinese black mushrooms and, if you are using them, the cloud-ear mushrooms, lily buds and bamboo shoots. Bring the liquid to a boil, then stir in the cornstarch mixture. Reduce the heat and simmer the soup, stirring, until it thickens slightly - 2 to 3 minutes. Gently stir in the bean curd.

Ladle the soup into bowls and garnish each serving with the scallion slices.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 24 Calories; trace Fat (2.1% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 305mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	24	Vitamin B6 (mg):	trace
% Calories from Fat:	2.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	85.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	7mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	2
Cholesterol (mg):	0mg	% Daily Value*	0.0%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	305mg	Vegetable:	1/2
Potassium (mg):	83mg	Fruit:	0
Calcium (mg):	9mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	2553IU		
Vitamin A (r.e.):	255 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 24 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	305mg	13%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	2%
Protein	1g	
Vitamin A		51%
Vitamin C		3%
Calcium		1%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.