

Mandarin Hot and Sour Soup

Argo Corn Starch

Servings: 6

Preparation Time: 20 minutes

Cook time: 15 minutes

3 dried wood ear mushrooms
1/4 cup rice vinegar
1/4 cup reduced-sodium soy sauce
2 teaspoons chili-garlic sauce
1 teaspoon sesame oil
1 teaspoon sugar
1/2 teaspoon ground white pepper
6 cups chicken broth
8 ounces boneless lean pork OR chicken, cut into thin strips
8 ounces soft tofu, drained and finely diced
1 can (8 oz) bamboo shoots, julienned
1/3 cup corn starch
3/4 cup water
2 eggs, lightly beaten
1 green onion, thinly sliced
1 tablespoon chopped cilantro

Soak dried mushrooms in warm water for 15 minutes or until softened. Drain and slice into thin strips.

Combine rice vinegar, soy sauce, chili-garlic sauce, sesame oil, sugar and white pepper in a small bowl; set aside.

Boil broth in a large pot. Add mushrooms, soy sauce mixture, pork, tofu and bamboo shoots. Combine corn starch with water in a separate bowl until smooth. Add to soup, stirring constantly until soup boils and thickens. Remove soup from heat.

Drizzle eggs slowly into soup, stirring gently in a circular motion until short threads form. Serve with green onion and cilantro sprinkled on top.

Per Serving (excluding unknown items): 88 Calories; 4g Fat (39.6% calories from fat); 8g Protein; 5g Carbohydrate; 1g Dietary Fiber; 71mg Cholesterol; 1189mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.