

Sweet and Sour Soup

What's Cooking II

North American Institute of Modern Cuisine

Servings: 6

3 cups chicken broth
1 cup vegetable broth
2 teaspoons peanut oil
1/2 teaspoon sesame oil
1/4 cup carrots, julienned
1/4 cup turnip, julienned
1/4 cup broccoli florets
1/4 cup Chinese mushrooms
1 clove garlic, chopped
1 tablespoon rice vinegar
1 tablespoon soy sauce
1/4 cup tofu, diced
3 tablespoons pickles in vinegar,
julienned
salt and pepper

In a saucepan, bring both broths to a boil.
Reduce the heat and simmer for 10 minutes.

Meanwhile, in a skillet, heat both oils. Sauté the vegetables and garlic for 2 minutes or so, until the vegetables are just tender-crisp. Set aside.

Pour the rice vinegar and soy sauce into the broth mixture. Simmer for 5 minutes.

Add the sautéed vegetables, tofu and pickles.

Season to taste and serve.

Variation #1: Replace the vegetable broth with tomato juice.

Variation #2: Replace the Chinese mushrooms with quartered oyster mushrooms.

Per Serving (excluding unknown items): 86 Calories; 4g Fat (38.8% calories from fat); 5g Protein; 8g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 832mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	86	Vitamin B6 (mg):	.1mg
% Calories from Fat:	38.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	38.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	23.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	16mcg
Saturated Fat (g):	1g	Niacin (mg):	3mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	trace
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	832mg
Potassium (mg):	275mg
Calcium (mg):	28mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	2307IU
Vitamin A (r.e.):	231RE

% Daily Values*

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 86	Calories from Fat: 33
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% Daily Values*

Total Fat 4g	6%
Saturated Fat 1g	4%
Cholesterol trace	0%
Sodium 832mg	35%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	4%
Protein 5g	
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Vitamin A	46%
Vitamin C	9%
Calcium	3%
Iron	8%

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