

WonTon Soup

Trudy Wigton

The Pennsylvania State Grange Cookbook (1992)

Servings: 8

*1 cup flour
1 teaspoon salt
2 egg yolks
1 tablespoon water
1 pound ground pork
8 ounces ground ham
onion powder (to taste)
garlic powder (to taste)
pepper (to taste)
1 cup onion, chopped
3 tablespoons oil
6 cups beef broth or stock*

In a bowl, mix the flour and salt. Add the egg yolks and water. Mix to form a dough. Let rest for 30 minutes.

In a skillet, brown the ground pork and ham with the onion powder, garlic powder and pepper, stirring frequently. Drain.

Roll the dough very thin on a floured surface. Cut into small squares. Place a small amount of the meat mixture into the center of each square. Fold over the dough to enclose the filling. Press the edges to seal.

In a saucepan, saute' the onion in oil. Add the beef broth. Bring to a simmer. Drop the wontons into the simmering broth. Simmer until cooked through.

Per Serving (excluding unknown items): 274 Calories; 19g Fat (61.8% calories from fat); 12g Protein; 14g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 301mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.