

HOT & SOUR SOUP

My slimmed down recipe for over-the-top, family style Hot & Sour soup. It eats like a meal, baby!

Let's start off by addressing the elephant in the room. If your only experience with Hot & Sour soup is the thin cup of broth they give you as part of your inexpensive Chinese food lunch special... this is nooooot the soup you were expecting. This is a big, hearty pot of soup. It's full of the traditional hot & sour flavor, but also comes loaded with a bunch of veggies, chicken and even tofu. The amount of hot vs. sour in your soup is completely customizable and can be easily adjusted.

Servings Info.:

Yields: 7 cups
Servings: 5
Serving Size: 1-1/3 cup



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*- last checked 12/10/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.*

Ingredients:

Broth:

- 4-1/2 cups fat free chicken broth
- 2 Tbsp reduced sodium soy sauce
- 1 tsp 'dark' soy sauce
- 3-4 Tbsp Asian chili garlic sauce (I used Huy Fong), to taste
- 1/3 cup rice vinegar
- 1 Tbsp 0 calorie brown sugar replacement
- 1 tsp sesame oil
- 1/2 tsp black pepper (or you can use white pepper)

Additional Ingredients:

- 5oz cooked boneless skinless chicken breast. (shredded, diced, cut into strips, whatever...YOUR PREFERENCE!)
- 3/4 cup thin sliced (julienned) carrots, about 2-1/2" long
- 1 medium GREEN bell pepper, sliced into thin 2-1/2" strips
- 1 (8oz) can o' bamboo shoots, drained. Sliced into thin strips
- 2 Tbsp sliced scallions (use the white part of green onions)
- 3-1/2 Tbsp cornstarch, dissolved into 1/4 cup water
- 4 oz FIRM tofu, patted dry, sliced into 2"x1/2" slices
- 1 large egg, beaten, set aside.

Directions:

1. (Do Ahead) Cook chicken breast in whatever manner you want, then shred or chop it up. Set aside.



2. (A) Spend some time and chop/prep all of your veggies. It takes a little time, but can be done a day ahead, to save time on cooking day. (B) In a medium pot, bring all of the 'Broth' ingredients up to a boil. (C) Once boiling, add the cooked chicken and return to a simmer over medium heat. (D) Once the soup returns to a rolling simmer, add the carrots, bell pepper, thin sliced bamboo shoots and scallions. Bring back to a simmer and let cook for 2 minutes.



5. **(A)** After the vegetables have been cooking at a simmer for 2 minutes, add the sliced tofu. **(B)** After you add the tofu, stir in the dissolved cornstarch/water mixture. Stir and return to a low simmer for 2 minutes. **(C)** Now, slowly pour in the beaten egg. WHILE YOU'RE POURING IT IN, start **(D)** stirring the soup in a circular motion, don't stop! If you don't stir it, you'll get giant clump's o' egg in your soup. What you WANT, is for your stirring action to completely break up the liquid egg in the soup, which will give the soup an incredibly silky, smooth texture with tiny little feathery strands of pillow-soft egg, throughout the soup. Bring back to a low simmer for 2 minutes, then remove from heat. Let the soup rest for 10 minutes or so, before serving. Garnish with thin sliced green onion, if desired. Also, add more chili sauce if you want it hotter.

NOTES & SUGGESTIONS:

- **CHICKEN:** This is the only time, in this entire book, where I am NOT going to tell you how you should cook your chicken. You can use shredded chicken breast, diced, chopped, whatever you want. Heck, to make things easier on myself, I simply bought a small bag of pre-shredded chicken breast from my grocery store's Deli section. This is a great recipe to use leftover chicken for, also. Clear out that fridge, baby!
- **DUDE! THIS ISN'T HOT & SOUR SOUP!?!?!?:** Uh... yeah it is. What you're used to getting as a simple little free cup o' soup with your Chinese food, as part of your \$5 lunch special at "Uncle Tso's Chinese Take Out" is pretty much just a simple, cheap broth dish. C'mon, they need to make a profit, while giving you a cup of soup with your meal, lol. This type of Hot & Sour soup is more of the old-school traditional "full meal" kind of soup. You know how if you're making soup for your family's dinner, you don't give them a pot of broth? Same thing. This is a 'full meal' version of Hot & Sour soup. If you'd like it more brothy, leave out the bell peppers and carrots. Though, you'll be reducing the amount of total servings, due to the decreased yield.
- **CARROTS:** Want to save yourself a bunch of time? Instead of peeling and thin slicing a bunch of carrots or even just trying to thin slice a bunch of baby carrots... simply buy a bag of 'shredded' carrots, or also called 'matchstick' carrots.
- **CUSTOMIZE THIS BAD BOY:** You don't have to strictly adhere to the veggies that I chose to use in this soup. If you don't want to use carrots, try bean sprouts. Don't like bell peppers? Use something else instead, or leave them out entirely. Customize this dish to have whatever you want. Be it the tofu, bamboo shoots... whatever. It'll still taste great.
- **HEAT LEVEL:** The delicate dance between how hot or how spicy Hot & Sour soup is, is 100% based on your own preference. Some people like it more sour (more vinegar), while some people like it with more heat. Adjust it to your own liking by adding more or less vinegar, or more or less of the Asian chili garlic sauce, to taste.

