



WOR WONTON SOUP

What Is "Wor" Wonton Soup? Well, It's Regular Wonton Soup's Big, Buff, More Awesome Older Brother.

Where the vast majority of you might only have ever seen regular wonton soup on a restaurant menu... if you find "Wor" wonton soup... it's truly something special. "Wor" translates to *'Everything'*. So, where regular wonton soup is simply broth with dumplings, WOR wonton soup has broth, dumplings, shrimp, chicken and is loaded with vegetables. This soup eats like a meal.

Servings Info.:

Yield: 12 cups
Servings: 8
Serving Size: 1-1/2 cups



*- last checked 12/19/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.*

Ingredients:

Filling For Dumplings:

- 1/3 lb extra lean ground turkey
- 1/8 tsp baking soda, dissolved with 1 tsp water
- 1/4 tsp fish sauce
- 1 tsp reduced sodium soy sauce
- 1 tsp garlic, minced (1 medium garlic clove)
- 1/2 tsp ginger, minced
- 1/8 tsp coarse ground black pepper
- 1 Tbsp green onion, finely chopped

Vegetables:

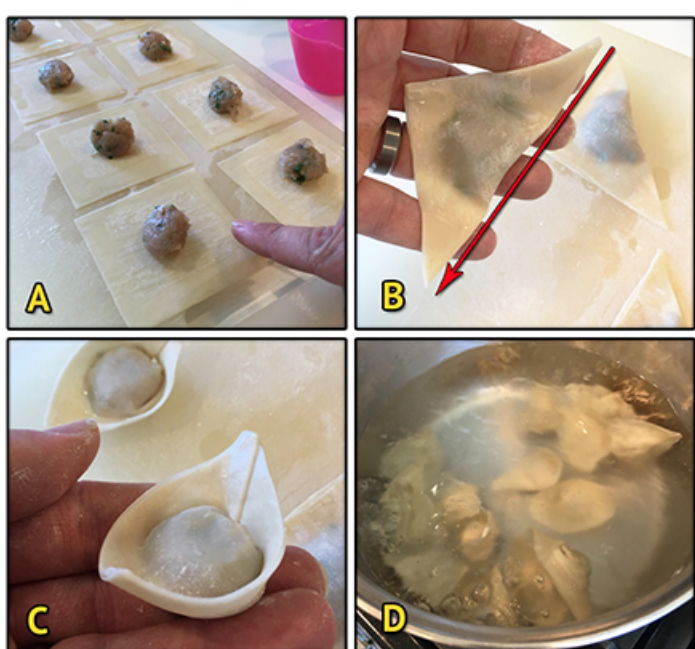
- 6 oz sliced mushrooms, any variety, though dark topped is recommended (such as baby bella, crimini, brown, etc.)
- 1 cup thin sliced carrot, sliced on a bias, in rounds
- 1-1/2 cup bean sprouts, loosely packed
- 5 oz sliced baby bok choy, (don't use long lengths of stalk)
- 1 garlic clove, minced
- 1 tsp ginger, minced
- 1/2 cup green onion, 1 inch lengths, loose packed

Additional Ingredients:

- 16 wonton wrappers, square shaped, any brand... measured and cut into 3 inch squares. (most packages are 3-1/2 inches)
- 1/2 pound boneless chicken breast, sliced thiiiiiiiiin
- 9 cups fat free chicken broth
- 2 Tbsp reduced sodium soy sauce
- 2 tsp fish sauce
- 1 tsp sesame oil
- 1/2 pound shrimp, peeled, deveined, tail off (size 41-50)

Directions:

1. Mix all of the 'filling' ingredients together. The mix will be a bit sticky/wet. Set aside for 30 minutes.



2. (A) Take your 3 inch squared wonton wrappers, lay them down 'powdered side' up and place 1 tsp of the meat mixture into the center of each wrapper. Dip your finger into a cup of water and wet around the edges of each wrapper. (B) Fold each wrapper into a triangle, pressing out as much air as possible. Then wet your finger again and wet the back of the wrapper, along the red arrow in the pic. (C) Fold the two side edges of the triangle back, then fold the two sides together and press till sealed, making a 'boat'. (D) Bring water to a boil, then boil the dumplings for 2-3 minutes. Drain and rinse them under cold water. Pat them dry, lay them out on a pan, without letting them touch, set aside for later.



3. (A) Heat a large pot over medium-high heat for 1 minute. Spray with cooking spray, then add the chicken. Cook for 3-4 minutes, until ALMOST completely cooked through. Remove from pot, set aside. (B) Return pot to heat, then add the garlic, ginger and sesame oil. Cook for 1 minute, or until they become fragrant, but don't burn them! (C) Add the chicken broth, soy sauce, fish sauce, carrots, mushrooms and bean sprouts. Bring to a boil and cook for 5 minutes. (D) Reduce heat to medium, then return chicken to the pot. Return soup to a boil, then (E) add the shrimp, bok choy and green onions. Cook for 3 minutes. (F) Grats... your soup is done. Add dumplings into the hot pot right before serving. We want to warm them in the broth, not boil them to mush

SUBSTITUTION IDEAS:

- If you don't want to use bean sprouts, you can use whole snow peas, or 1 cup of canned, sliced bamboo shoots or water chestnuts. Preeetty much use whatever you want. I won't judge. Ok, actually I will... I just won't tell you. I'm passive aggressive like that.
- If you can't get baby bok choy, you can use chopped kale, collard greens, mustard greens, or thin sliced cabbage. You can ALSO use spinach.... but you'll need about 100lbs of it, considering how much spinach cooks down.
- Don't like shrimp? Add more chicken, or heck... leave the meat out entirely and go full-tilt hippie, with some free range, humanely harvested, locally sourced tofu. 🥰

NOTES:

- **WONTON WRAPPERS:** I purchased square shaped wonton wrappers. Not big round ones, or big sheets you'd use for egg rolls. These are 3-1/2" square wonton wrappers. The reason I'm trimming them is they are meant to be smaller bite sized dumplings, in a soup, Plus, it saves points.
- **WONTON POINTS:** This recipe makes 16 dumplings. If I were to just build the recipe using 16 wrappers... that'd be 12 points, for the 16 full sized, 3-1/2 inch wrappers. HOWEVER... we aren't using 3-1/2 inch sheets, we're trimming them down to 3 inches. So, I trimmed them, weighed the 3 inch wrappers in grams and looked up how many points they were, in grams, using the Weight Watchers mobile app's listing. It dropped them down from 10 points to 8 points (94 grams). Points may vary, depending on brand. Scan your brand and adjust points, as necessary (remember to weigh in grams).
- **FILLING:** Using 1/3 pound of ground turkey (approx. 5.3 oz) lets you have enough meat to fill the wontons, but does leave you with a little extra leftover. I tried using 1/4 pound, but it really cut it close... so I'm telling you to use 1/3 pound. On a plus... you'll have extra ground turkey left over for another dish. Or, season it with my 'Asian' ground turkey mix, cook it into crumbles and add it to the soup. Either way works.
- **DUMPLING-PREP:** If you don't have time to make this entire recipe all at once, you can prep the dumplings ahead of time. Fill & fold them into their shapes, then store them in the fridge or freezer, overnight. When you are ready to make the soup, simply remove them from your fridge/freezer. If frozen, let them thaw out. Then boil them as directed.

