

HOT AND SOUR CHICKEN SOUP

*Make it a meal by enjoying your Hot and Sour Chicken Soup with a tasty sandwich made from **EATING RIGHT™** Whole Grain Bread. Choose from **EATING RIGHT™** Ancient Grain, 8 Grain or Sprouted Grain.*

Ingredients:

6	dried Chinese mushrooms
5 cups (1.25 L)	chicken broth
2 cups (500 ml)	shredded cook chicke (7oz/200 grams)
1 tbsp (15 ml)	finely chopped ginger root
1	chili pepper, chopped (or ½ tsp/ 2ml crushed chili flakes)
1 cup (250 ml)	diced firm tofu
2 tbsp (25 ml)	white wine vinegar
1 tbsp (15 ml)	sodium-reduced soy sauce
1 tbsp (15 ml)	dry sherry
1 tbsp (15 ml)	cornstarch
1 tbsp (15 ml)	cold water
3	egg whites, lightly beaten
2	shallots, thinly sliced (optional)

Per Serving

Calories: 145

Dietary Fiber: 1 gram

Fat: 5 grams

Carbohydrate: 6 grams

Protein: 18 grams

Directions:

1. Cover Chinese mushrooms with hot water and soak for 10 minutes. Drain, discard stems and slice caps.
2. In a large saucepan, bring both to a boil; add mushrooms, chicken, ginger root and chili pepper. Reduce heat and simmer, covered, for 5 minutes. Add tofu, vinegar, soy sauce and sherry; simmer for 2 minutes.
3. Stir cornstarch with water until smooth; gradually stir into soup and simmer for 2 to 3 minutes or until thickness slightly. Remove from heat; immediately swirl egg whites through soup. Garnish with shallots, if desired.



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