



## Vegan Hot and Sour Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



164 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 ounce bamboo fungus
- 0.5 tablespoon chili oil
- 0.3 cup cornstarch
- 4 mushroom caps dried
- 1 ounce wood ear mushrooms dried
- 1 green onion sliced
- 0.5 teaspoon ground pepper black
- 0.8 teaspoon ground pepper white

- 1 cup mushrooms dried chinese
- 0.3 teaspoon pepper flakes red crushed
- 5 tablespoons rice vinegar
- 0.5 tablespoon sesame oil
- 3 tablespoons soya sauce
- 12 tiger lily buds dried
- 8 ounce spicy tofu firm cut into 1/4 inch strips
- 1 quart vegetable broth
- 2 cups water hot

## Equipment

- bowl
- sauce pan

## Directions

- In a small bowl, place wood mushrooms, shiitake mushrooms, and lily buds in 1 1/2 cups hot water. Soak 20 minutes, until rehydrated.
- Drain, reserving liquid. Trim stems from the mushrooms, and cut into thin strips.
- Cut the lily buds in half.
- In a separate small bowl, soak bamboo fungus in 1/4 cup lightly salted hot water. Soak about 20 minutes, until rehydrated.
- Drain, and mince.
- In a third small bowl, blend soy sauce, rice vinegar, and 1 tablespoon cornstarch.
- Place 1/2 the tofu strips into the mixture.
- In a medium saucepan, mix the reserved mushroom and lily bud liquid with the vegetable broth. Bring to a boil, and stir in the wood mushrooms, shiitake mushrooms, and lily buds. Reduce heat, and simmer 3 to 5 minutes. Season with red pepper, black pepper, and white pepper.
- In a small bowl, mix remaining cornstarch and remaining water. Stir into the broth mixture until thickened.

Mix soy sauce mixture and remaining tofu strips into the saucepan. Return to boil, and stir in the bamboo fungus, chili oil, and sesame oil.

Garnish with green onion to serve.

## Nutrition Facts

**PROTEIN 18.94%** **FAT 38.15%** **CARBS 42.91%**

### Properties

Glycemic Index:63.25, Glycemic Load:1.85, Inflammation Score:-5, Nutrition Score:5.2186956392682%

### Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

### Nutrients (% of daily need)

Calories: 164.09kcal (8.2%), Fat: 7.05g (10.85%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 16.08g (5.85%), Sugar: 3.95g (4.39%), Cholesterol: 0mg (0%), Sodium: 1715.11mg (74.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Vitamin A: 585.83IU (11.72%), Copper: 0.19mg (9.37%), Manganese: 0.18mg (8.79%), Vitamin B3: 1.7mg (8.52%), Calcium: 84.33mg (8.43%), Vitamin B2: 0.14mg (8.16%), Vitamin K: 8.06µg (7.68%), Iron: 1.38mg (7.67%), Fiber: 1.77g (7.08%), Vitamin B5: 0.69mg (6.89%), Phosphorus: 52.41mg (5.24%), Selenium: 3.25µg (4.64%), Potassium: 156.28mg (4.47%), Vitamin B6: 0.08mg (3.85%), Magnesium: 14.77mg (3.69%), Folate: 13.22µg (3.31%), Vitamin B1: 0.04mg (2.95%), Vitamin E: 0.37mg (2.44%), Zinc: 0.35mg (2.34%), Vitamin C: 1.69mg (2.05%)