

Hot and Sour Chicken Soup

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Rated: ★★★★★

Submitted By:
MORPHIUS_RAE

Prep Time: 10
Minutes

Cook Time:
20 Minutes

Ready In: 30
Minutes

Servings: 4

"Delicious hot and sour soup does not need to be complicated. This easy chicken version is ready in about half an hour. My husband is a chef, and he said that this was fantastic!"

INGREDIENTS:

3 cups chicken broth	1 pound skinless, boneless chicken breast halves - cut into thin strips
1/2 cup water	
2 cups sliced fresh mushrooms	1 tablespoon sesame oil
1/2 cup sliced bamboo shoots, drained	2 green onions, chopped
3 slices fresh ginger root	1/4 cup chopped fresh cilantro (optional)
2 cloves garlic, crushed	3 tablespoons red wine vinegar
2 teaspoons soy sauce	2 tablespoons cornstarch
1/4 teaspoon red pepper flakes	1 egg, beaten

DIRECTIONS:

1. In a saucepan, combine the chicken broth, water, mushrooms, bamboo shoots, ginger, garlic, soy sauce, and hot pepper flakes. Bring to a boil, then reduce the heat to low, cover and simmer while you assemble the rest of the ingredients.
2. Place the chicken slices into a bowl and toss with the sesame oil to coat. In a separate bowl, stir together the cornstarch and vinegar, and set aside.
3. Increase the heat under the broth to medium-high, and return to a rolling boil. Add the chicken slices. Return to a boil, and then drizzle in the egg while stirring slowly to create long strands of egg. Stir in the vinegar and cornstarch. Simmer over medium heat, stirring occasionally, until chicken is cooked through and the broth has thickened slightly, about 3 minutes. Serve garnished with green onions and cilantro.

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Time on
Dinner

Makes planning
easy.
-- Angela Sackett



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