

# Hot & Sour Soup

Very good & very easy to make – a great spin on the classic Asian soup! If you wanted to try a vegetarian version, you could substitute in vegetable broth and tofu!

## Ingredients:

900ml carton chicken broth  
400ml can unsweetened coconut milk  
2 cups sliced button mushrooms  
14g pkg dried shiitake mushrooms, chopped  
199ml can sliced bamboo shoots, drained  
2 tbsp fish sauce  
1 tbsp chili-garlic sauce (less for milder)  
2 limes  
2 skinless, boneless chicken breasts or 4 skinless,  
boneless chicken thighs  
½ cup chopped cilantro



## Nutritional Information (per 1 cup serving):

Calories: 147  
Total Fat: 11g  
Carbs: 4g  
Protein: 10g

## Preparation:

1. Pour broth & coconut milk into a large saucepan and set over medium heat. Whisk to mix.
2. Add fresh and dried mushrooms, bamboo shoots, fish & chili-garlic sauce. Grate peel from limes into soup, then squeeze the juice of one lime. Cover and bring to a boil.
3. Meanwhile, slice chicken into bite-sized strips. Stir into soup as soon as it boils, then reduce heat to low. Cover & simmer, stirring occasionally, until chicken is cooked through, 6-8 minutes.
4. Taste and add more lime juice, if needed. Sprinkle with cilantro. Soup will keep well, covered & refrigerated, for 1 day.