

Vegan Hot and Sour Soup

Ingredients:-

- 1 tbsp sesame oil-
- 1 block firm tofu, cubed-
- 4 shiitake mushrooms, sliced-
- 1 carrot, julienned-
- 1/2 cup bamboo shoots, sliced-
- 4 cups vegetable broth-
- 2 tbsp rice vinegar-
- 1 tbsp tamari or soy sauce-
- 1 tsp chili paste-
- 1 tbsp cornstarch mixed with 2 tbsp water
- Green onion and cilantro for garnish

Instructions

In a large pot, heat sesame oil and sauté mushrooms, carrot, and bamboo shoots for 3-4 minutes.

Add tofu, broth, vinegar, tamari, and chili paste. Bring to a simmer.

Add the cornstarch slurry to thicken the soup. Simmer for another 3-5 minutes

Garnish with green onions and cilantro before serving.

Health Benefits:-

Mushrooms: Boost immunity and provide umami flavor- Tofu: Excellent plant-based protein-
Vinegar and chili: Aid digestion and metabolism