Hot and Sour Soup
Recipe by: Chef Jonathan Poyourow, RD, LD
Yield: 6-8 serving

Ingredients:

2 tablespoons grapeseed oil
2 boneless, skinless chicken breasts, thinly sliced
1 small piece of ginger, grated or thinly sliced
1 white onion, thinly sliced
1 cup shiitake mushrooms, stems removed, sliced
3 celery ribs, diced small
2 tablespoons soy sauce
1 bunch scallions, thinly sliced, reserve 2 tablespoons for garnish (use green and white parts)
8 cups chicken stock, low or no-sodium
½ cup rice wine vinegar
½ cup black vinegar (can substitute balsamic vinegar)
1 teaspoon white pepper, ground
1 tablespoon cornstarch slurry (equal parts cornstarch and water mixed together)
½ cup carrots, grated
½ package silken tofu, drained and cut into ¼-inch cubes
Sesame oil, for garnish
Salt and black pepper, to taste

Method of Preparation:

1. Season chicken with salt and pepper. In a large stockpot, over medium-high heat, heat oil and swirl to coat bottom of pan. Quickly sear chicken for 1-2 minutes. Remove chicken from pot and set aside.
2. In same pot, add ginger, onion, mushrooms, and scallions. Cook until soft, about 3-5 minutes.
3. Add celery and soy sauce. Continue to cook another 1-2 minutes.
4. Add stock and bring mixture to a simmer. Add both vinegars and white pepper, and adjust seasoning as necessary. Bring back to simmer again.
5. Using a whisk, slowly add slurry and stir until fully incorporated. Broth should begin to thicken.
6. Add chicken back to pot.
7. Ladle soup into bowls. Top with tofu, carrots and reserved scallions. Drizzle with sesame oil.

Nutritional Analysis
Calories: 140
Carbohydrates: 8 g
Sodium: 540 mg
Protein: 11 g
Fat: 12 g
Fiber: 2 g