

Chinese Hot and Sour Soup

(Love in a Bowl)



2-3 cups/500-750 ml chicken stock
1 egg (beaten)
2 T /30 ml chopped ham
1-2 grated carrots
4 chopped green onions
4 - 6 chopped mushrooms
1/2 cup chopped lean pork or chicken
2 T/ 30 ml sesame oil
few drops hot sauce
3 T/ 45 ml Chinese rice vinegar
2 T /30 ml soy sauce
1 sm. can bamboo shoots
1 T /15 ml lemon juice
2 cups/ 500 ml bean sprouts
dash white pepper

Combine ingredients in soup saucepan and cook for at least 1/2 hour. Serve hot.
Serves 2-4