



AADI Recipe - Chicken Mushroom Soup

Canned soups are typically high in sodium. Try this chicken mushroom soup recipe for a healthier alternative.

Ingredients:

- 1 teaspoon canola oil
- 1 teaspoon garlic, minced
- 4 ounces chicken thigh, skinned and julienned
- 6 dried shiitake mushrooms, soaked in hot water for 20-30 minutes, then drained and sliced (to make 1/3 cup of mushrooms)
- 4 cups low sodium chicken broth
- 1/8 teaspoon salt
- 1 tablespoon wakame, soaked in water for 2 minutes
- 1 tablespoon cornstarch
- 1 jumbo egg, beaten
- 1 tablespoon scallions, minced

Nutrition Facts	
Serving Size: 1 cup	
Servings Per Recipe: 4	
Amount Per Serving	
Calories 130	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 210mg	9%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 13g	26%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Directions:

1. In a large saucepan, heat oil over medium high heat. Add garlic and stir-fry until aromatic, about 30 seconds.
2. Add chicken and mushrooms and stir-fry for 2 to 3 minutes. Then add chicken broth and salt. Bring to boil, reduce heat to a gentle simmer, cover and cook for 2 minutes.
3. Add wakame. Meanwhile, mix 2 tablespoons of water with cornstarch. Pour the mixture into the hot soup, stirring constantly.
4. When the soup thickens, pour in the beaten egg, stir constantly until the egg is cooked.
5. Add scallions and serve immediately in 8-ounce portions.

Servings: 4

