



Hot & Sour Soup w/Goji Berries

Sat., Feb. 16th, 11 AM (vegan & gluten-free) Chef Laura Moore of the Good For You Gourmet prepares quick & tasty way warming Asian Hot & Sour Soup, with super foods Goji Berries.

Hot & Sour Soup with Goji Berries

Soup base: 1 liter Veggie Broth; 1/4 cup Goji Berries; 3-4 Tbs. Sweet Ginger Chili Sauce; 2 slices Lemon cut in rounds; 4 Kaffir Lime Leaves; 3-4 Tbs. Lime Juice; 2 tsp Ginger, grated; 1/2 Red Bell OR 1 Red Hot Pepper, seed & finely chop. For thickener, whisk together 2 cups Water; and 4 tsp Arrowroot powder. Combine stock, goji berries, chili sauce, lemon slices, kaffir leaves, lime juice, ginger and sweet or hot pepper, and arrowroot mixture: bring to a boil while you prep veggies.

Veggies: Prep 1 cup Mushrooms, sliced, 1 cup Zucchini OR Snow Peas, sliced; 1 cup Tofu or Tempeh, cubed; 1/2 tin (2/3 cup) Pineapple chunks; 3-4 Tbs. Cilantro, chopped; 2-3 Green Onions, chopped; 1/3-1/2 tsp White Pepper.

Once soup boils five minutes, add mushrooms/zucchini, tofu/tempeh and pineapple to soup, then simmer five minutes. Pick out the Kaffir leaves and set aside. Remove from heat, then stir in green onions. Taste, and season with white pepper to suit personal preference. Portion into four serving bowls, garnish each bowl with 1/2 cup Mung Sprouts OR Cilantro, chopped.

Find out more about the services offered by The Good For You Gourmet: www.gfyg.ca



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