

Hot and Sour Soup this recipe from [Flying on Jess Fuel](#)



This soup is a given on Chinese takeout menus. But if you don't want to wait in line in the cold for your own bowl, try

Ingredients

- 2 teaspoons olive oil
- 2 teaspoons dark sesame oil
- ¼ teaspoon red pepper flakes
- 1 package sliced mushrooms
- 3 garlic cloves, minced
- 1 tbsp minced or grated fresh ginger
- 1 (32 ounce) carton vegetable broth
- 2¼ cups water
- ½ cup rice vinegar

- 1 tablespoon soy sauce
- 1 tablespoon fresh ground black pepper
- ½ pound firm or extra firm tofu, diced
- 2½ tablespoons cornstarch
- Salt, to taste
- Cayenne pepper, to taste
- 4 egg whites, lightly beaten
- ½ cup chopped green onions
- ¼ cup minced fresh cilantro

Directions

1. Heat olive oil and 1 teaspoon sesame oil in a large pot over medium heat. Add red pepper flakes and cook 1 minute.
2. Then, add mushrooms and saute until soft and browned. Add garlic and ginger and continue sauteing 1-2 minutes, until fragrant.
3. Then, add vegetable broth and 2 cups water. Bring to a boil, then reduce heat and simmer 5 minutes.
4. Add vinegar, soy sauce, pepper and tofu, and simmer another 3 minutes.
5. In a small bowl, whisk together remaining ¼ cup water and cornstarch. Add to pot and continue simmering 3 additional minutes, stirring frequently.
6. Season to taste with salt and cayenne.
7. Slowly stream egg whites into the pot while stirring continuously.
8. Remove pot from heat and stir in green onions, cilantro, and remaining 1 tsp sesame oil. Serve immediately.