

Asian Savoy Cabbage and Shiitake Mushroom Soup

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2015/her585-asian-savoy-cabbage-and-shiitake-mushroom-soup.html>

Ingredients

- 1 large egg
- 2 tsp. sesame or peanut oil
- 1/2 small-medium Savoy, napa or green cabbage, cut lengthwise, cored, sliced in 1/4-inch strips
- 2 medium-large carrots, cut in 1/4-inch slices
- 1/2 cup thinly sliced shiitake mushrooms
- 4 cups low-sodium vegetable stock
- 2 Tbsp. low-sodium soy sauce
- Freshly ground black pepper
- 2 Tbsp. chopped fresh cilantro, garnish

Instructions

1. In small bowl, lightly beat egg.
2. Heat oil over low-medium heat. Pour in egg and let evenly coat bottom of skillet. Cook egg until set.
3. Slide egg onto plate. Roll up egg and slice into 1/4 inch rounds and set aside.
4. In medium saucepan over medium-high heat, add cabbage, carrots, mushrooms, stock, soy sauce and a few grinds of black pepper. Cover pot and bring to boil. Reduce heat to low and simmer, stirring occasionally, for 8-10 minutes or until vegetables are tender.
5. Ladle soup into four warmed soup bowls. Place several egg slices on surface of each bowl. Garnish with cilantro and serve warm.

Makes 4 servings

Nutrition information per serving

Calories: 90	Dietary Fiber: 4 g
Total Fat: 3.5 g	Sodium: 460 mg
Saturated Fat: 1 g	Protein: 4 g
Cholesterol:	Carbohydrates: 12 g

