

Hot and Sour Soup

Ingredients:

4 cups Broth made with **Wellness Forum Health's Certainly Not Chicken Broth**
3 tablespoons tamari
1 cup shiitake dried shiitake mushrooms, soaked in 1 1/2 cups water that has just been boiled
1/2 cup sliced button mushrooms
1/2 tablespoon garlic chili sauce
1/4 cup rice vinegar
1/3 cup canned bamboo shoots, julienned
3 ounce block extra firm tofu, cut into 1/4 inch dice, optional
2 tablespoons cornstarch or arrow root powder mixed with 4 tablespoons cold water
2 green onion stalks, sliced
2 teaspoons toasted sesame seeds for garnish

Instructions:

- Bring **Certainly Not Chicken Broth** to a simmer in a 2-quart saucepan.
- Add tamari, soaked shiitake mushrooms, sliced mushrooms and garlic red chili sauce.
- Simmer for five minutes.
- Add rice vinegar, bamboo shoots, tofu.
- Simmer for five minutes.
- Add the cornstarch or arrow root mixture to the soup and stir well. Simmer for five minutes until soup is thickened.
- Add green onions and toasted sesame seeds to soup. Stir well.

Serve hot.