

# Kathy #1 - Chicken Corn Soup (Zwt - Asia)



By twissis on June 17, 2006

★★★★★ 12 Reviews



**Prep Time:** 5 mins **Total Time:** 20 mins **Serves:** 8, **Yield:** 8 1 cup servings

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"My sister, Kathy, gained her Asian cooking expertise 1st-hand when she, her DH & her in-laws lived in Taiwan for a time. This is the 1st of several recipes she considers her favorites. Her source for this so tasty & easy to fix soup was "Wei-Chuan Cookbook" by Huang Su Huei."



Photo by kiwidutch

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- 4 ounces chicken breasts
- 1 egg white
- 6 cups chicken stock
- 2 cups creamed corn
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon sesame oil
- 1/4 cup cornstarch
- 2 egg whites ( beaten with fork)
- 1 ounce ham ( minced) (optional)

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1. Finely chop chicken breast. Mix w/1 egg white & 1/2 cup water. Set aside.
2. Heat stock & next 5 ingredients.
3. Add chicken mixture & bring to a boil.
4. Add cornstarch mixed with 1/4 cup water.
5. Slowly add beaten egg whites while stirring soup constantly. Add ham if desired & serve.

<b>Nutrition Facts</b>		<b>Amount Per Serving</b>	<b>% Daily Value</b>
Serving Size: 1 (279 g)		<b>Total Fat 4.0g</b>	<b>6%</b>
Servings Per Recipe: 8		Saturated Fat 1.0g	5%
<b>Amount Per Serving</b>	<b>% Daily Value</b>	<b>Cholesterol 14.4mg</b>	<b>4%</b>
<b>Calories 159.7</b>		Sugars 5.0 g	
Calories from Fat 36	22%	<b>Sodium 1051.0mg</b>	<b>43%</b>
		<b>Total Carbohydrate 21.7g</b>	<b>7%</b>
		Dietary Fiber 0.8g	3%
		Sugars 5.0 g	20%
		<b>Protein 9.9g</b>	<b>19%</b>

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