

Chicken, Corn and Tofu Soup

This is an Asian inspired chicken soup with corn and small chunks of tofu. The soup is hearty and sooth you during cold days. It sure makes a great meal.



I have been battling a very bad flu/cold for almost two weeks...after lots of soup and tea, I feel much better although still not totally recovered. So this week I am sharing a soup recipe.

This is a very simple and easy recipe...and it is great at anytime of the year, especially now that is cold, not that it

is so cold here in California as compared to some places in US...

This soup is a meal by itself...each and every spoonful of this soup you will taste the soft tofu, tender chicken with the crunchy corn, all together in a flavorful chicken broth and a touch of the sesame oil...yum!

You can call this corn chowder with an Asian touch...

By the way, for all my friends out there celebrating the passage of the lunar year...HAPPY CHINESE NEW YEAR!

Ingredients:

- 1 chicken breast cut into small cubes
- $\frac{1}{2}$ tablespoon olive oil
- 1 $\frac{1}{2}$ tablespoon corn starch
- 1 can of corn
- 2 cans chicken broth of your choice
- 1 small block of tofu, cut into small cubes
- 1 carrot cut into small cubes
- Salt and white pepper to taste
- 1 egg slightly beaten
- 1 tablespoon sesame oil
- Cilantro to garnish



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Method:

In a small bowl, place the chicken in cube, salt, pepper, olive oil and half of the corn starch. Mix until all the chicken is coated with the corn starch. Set aside.

In a pan place the chicken broth and let it boil. Add the carrots, then the chicken. Cook for 3 to 4 minutes, add the corn (drained) and the tofu. Let it boil. In the meantime dissolve the remaining cornstarch in $\frac{1}{4}$ cup water.

Once the soup starts to boil, gently and with constant stirring add the cornstarch diluted in water. This will slightly thicken the soup. Let it boil.

Add the beaten egg and mix gently after 30 seconds.

Drizzle sesame oil, remove from the heat.

Garnish with fresh cilantro and white pepper.

Serve hot.

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I hope you enjoy this simple recipe...in case you want a more hearty soup you might want to check on Black Eyed Pea Soup recipe.

Curiosity Corner

Did you know that tofu was originated in China? Tofu has high content of protein and low calorie and fat, therefore considered as healthy food.

***Have a wonderful week and thank you for visiting
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