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CHINESE SHOESTRING SOUP

Advanced Lifestyle

Ingredients

4 cups fat-free broth (vegetable, chicken or beef)
3 medium-sized scallions
1 small carrot
1 small zucchini
½ medium-sized red pepper
1 TSP light/low-sodium soy sauce
(or, substitute soy sauce with Bragg's Liquid Amino)
*Optional: 3 lemon wedges

Instructions

1. Cut all vegetables (including scallions) into matchstick-sized strips (use a vegetable shredder if you have one).
2. In a large pot, combine all ingredients except for the scallions (and lemon wedges). Bring to a boil. Once soup has boiled, reduce to medium heat (a low boil) and add the scallions.
3. Cook for approximately 5 minutes, until veggies are limp.

Portion-Per-Serving Information (Yields 4 servings):

1 serving = 1 cup = 1 V

*Note: You can serve each cup with a lemon wedge. Tastes citrus-y with a little squeeze of fresh lemon juice.

Note: You can turn this into a Shoestring Egg Flower Soup by pouring 2 large egg whites into a container with a spout (like a measuring cup). Once the soup has cooked for 5 minutes at medium heat, remove from heat and VERY SLOWLY pour in the egg whites while VERY QUICKLY stirring in one direction. The result will be gorgeous bursts of egg bits in your yummy shoestring soup and it still counts as only 1 V.