



**Many Hands Organic Farm and
Sustainability Center**
Julie Rawson and Jack Kittredge
411 Sheldon Road
Barre, MA 01005
(978) 355-2853 - Home
(978) 257-1192 - Cell
Farm@mhof.net

Hot and Sour Soup with Swiss Chard

From Madison Area CSA Coalition

This recipe is adapted from *Great Greens* by Georgeanne Brennan.

Serves 6

Ingredients:

- 6 cups chicken broth
- 2-3 teaspoon sesame oil
- 2 oz dried mushrooms soaked in water until plump and cut into strips (strain the liquid and use it for some of the broth)
- ½ teaspoon hot chile oil
- 5-6 oz. baked tofu in 1/2 in. cubes
- 4-5 teaspoon water mixed with
- ¼ lb chard leaves cut into strips
- 2-3 tablespoon corn starch
- 3-4 tablespoon soy sauce
- 1 egg beaten
- 3 tablespoon rice wine vinegar
- ¼ cup chopped cilantro
- Lots of freshly ground black pepper
- 3-4 slender green onions chopped

Directions:

1. Bring broth to boil in saucepan. Add mushrooms and simmer 5 minutes.
2. Add chard, simmer 1 minute.
3. Add soy, vinegar, sesame oil, chile oil, and tofu. Stir and heat through.
4. Stir in cornstarch mixture. Add egg, stirring until cooked, 1 minute.
5. Served topped with cilantro and green onions.