

The Kitchn's Hot & Sour Mushroom, Cabbage and Rice Soup

Makes about 13 cups

<http://www.thekitchn.com/recipe-hot-and-sour-mushroom-c-71441>

NOTE – This is OMG delicious!! However, it will give you gas. 😊

Ingredients

- 8 cups broth — turkey, chicken, or vegetable (I used homemade Turkey stock)
 - 1 tablespoon canola oil
 - 4 ounces cremini or shiitake mushroom caps, thinly sliced (I used a 6 ounce container and you could add even more)
 - 1 to 3 jalapeno peppers, finely diced (I used a 4 ounce jar of hot jalapenos diced)
 - 6 cloves garlic, minced
 - One 3-inch lump ginger, grated (or 2 tablespoon ginger puree)
 - 1 to 3 limes, zested and juiced (I used 2 and might only use 1 next time)
 - 1/2 cup jasmine rice (I cooked my rice first separately and then just added it in)
 - 2 tablespoons soy sauce, plus more to serve
 - 1/2 - 3/4 small head green cabbage, cut in half and shaved thin
 - 1 can of Bamboo shoots (this is my addition)
 - Chili garlic sauce or kimchi, to serve (The Chili Garlic Sauce is a must! Lots!)
1. Heat the oil in a large heavy pot or Dutch oven over medium-high heat. Add the mushrooms and cook for 5 minutes without stirring. Toss the mushrooms after 5 minutes and cook for an additional 5 minutes, or until well-browned.
 2. Add the diced peppers, garlic, and ginger and cook for about five minutes or until fragrant and slightly softened.
 3. Add the lime zest and broth and bring to a simmer. Simmer for 10 min.
 4. Add the cooked rice, shaved cabbage, bamboo shoots, lime juice, and soy sauce to taste and simmer for another few minutes or until cabbage is hot.
 5. Serve with extra soy sauce, lime wedges, and kimchi or chili garlic sauce.

Nutrition (1 cup)

Calories 78
Fat 2 g
Protein 4.2 g
Carbohydrate 11 g
Fiber 1.4 g
Sugar 1.5 g
Cholesterol 0 mg
Iron 6%
Sodium 670 mg
Calcium 7%
Vitamin C 29%