Starport Foods



Fusion Hot and Sour Soup - Gluten-Free



Ingredients: Family Serving

½ C.	Hot and Soul Soup Concentrate (Starport
	464 Gluten-Free)
5 C.	Water
	Prawns, head and shell on, trim off legs and
6 oz.	antennae (9 prawns each). You may use shelled
	and headless prawns.
4 oz.	Tofu, firm, drained and diced 1/2"
3 oz.	Bamboo shoots, strips, canned, rinsed
2 Tbsp.	Cornstarch
1 ea.	Tomato, medium size cut into 6 wedges
3 oz.	Okra, sliced ½"

Green onions, chopped for garnish (2 oz.)

Hot and Sour Soup Concentrate (Starport



Instructions

½ C.

- 1. Mix 2 Tbsp. cornstarch with 1 C. water in a bowl and set aside. (Save remaining 4 C. water for soup)
- 2. Wash and trim prawn legs and antennae and set aside.
- 3. Boil water in a small pot and blanch prawns until pink; remove, cold rinse, drain, and set aside.
- 4. Dice firm tofu to ½" cubes. (Cut tofu slab into eight ½" slices. Cut each slice into three lengthwise strips. Cut each strip into eight cubes.)
- 5. Slice okra into ½" rounds.
- 6. Add tofu, okra, bamboo shoots, and water to a large pot and heat to a boil.
- 7. Add in tomato and prawns and bring to a boil, then lower the heat.
- 8. Stir cornstarch mixture and slowly add into pot, stirring constantly.
- 9. Add in the **Hot and Sour Soup Concentrate** and remove from heat as soon as the soup boils. (Over-cooking **Hot and Sour Soup Concentrate** soup reduces the sourness of the vinegar).
- 10. Garnish with green onions and serve.
- 11. Option, serve with a lime wedge.