

RECIPE | PEPPERS



# KETO HOT & SOUR SOUP



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## INGREDIENTS

**1 lb** Pure Flavor® Aurora Bites Mini Sweet Peppers, sliced  
**2** whole eggs, beaten  
**1** onion, cut in half  
**1** red Thai chili, sliced  
**1** garlic clove, chopped  
**1 lb** bone-in chicken thighs  
**1540g** can sliced bamboo shoots, drained  
**340g** fresh shiitake mushrooms, sliced  
**200g** cremini mushrooms, sliced  
**8 cups** water

**5 tbsp** rice vinegar  
**4 tbsp** coconut aminos  
**1 tbsp** olive oil  
**2 tsp** paprika powder  
**1 tsp** fresh ginger, grated  
**1 tsp** black pepper  
Salt, to taste  
Green onion, for garnish  
Cauliflower rice, optional for serving

## DIRECTIONS

- 1** In a large pot heat oil on medium-high and sauté the chicken for 5 minutes.
- 2** Add water to bring to a boil. Add onion & ginger and continue to boil for 20 minutes.
- 3** Remove the chicken from the pot, shred it, and return it to the pot.
- 4** Add peppers, chili, garlic, bamboo shoots, and both mushrooms to the pot.
- 5** Stir in the rice vinegar, coconut aminos, black pepper, and paprika. Cook for another 10-15 minutes and add salt, to taste.
- 6** Slowly add the beaten eggs by stirring in circular motions until you create a "whirl".
- 7** Divide the soup among bowls and garnish it with green onion. Serve with a side of cauliflower rice, if desired.



**60 min**

**20 min**  
PREP.

**40 min**  
COOKING



**6**



**easy**