



RECIPE | PEPPERS

KETO HOT & SOUR SOUP



60 min

20 min
PREP.

40 min
COOKING



6



easy

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
1 540g 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



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.

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