

Hot and Sour (Bone Broth Based) Soup

Low FODMAP & Autoimmune Friendly

INGREDIENTS

- 4 cups chicken bone **broth (homemade or commercial prepared) (use Infused Garlic and Onion Oil if you are FODMAP sensitive)**
- ½ cup **apple cider vinegar**
- 2 tablespoons **white wine vinegar**
- 1 tablespoon **honey (Use Maple Syrup if FODMAP sensitive)**
- 1 tablespoon beet, carrot, or sweet potato puree (for color) - As tolerated
- 1 tablespoon **coconut aminos**
- 1 teaspoon **ground ginger**
- ½ teaspoon Celtic Gray sea salt
- 2 cloves garlic, minced (use 1-2 Tbsp garlic infused olive oil)
- 4 medium shiitake mushroom, sliced
- 8 ounces bamboo shoots, sliced
- ½ teaspoon lime juice
- ¼ cup **arrowroot powder**
- 2 tablespoons cold water
- 2 stalks green onion, sliced (use only the Green Tops)



INSTRUCTIONS

1. In a large saucepan over medium heat, combine the broth, vinegars, honey, vegetable puree, aminos, ginger, salt, and garlic and simmer for 5 minutes.
2. Stir in the mushrooms and bamboo shoots and simmer another 5 minutes.
3. Meanwhile, stir together the arrowroot and cold water. Add to the soup along with the lime juice, stirring constantly until the soup thickens.
4. Remove from the heat and serve garnished with green onions, salted to taste.

Recipe Courtesy of: <https://autoimmunewellness.com/hot-and-sour-soup/> and adapted by Njeri Jarvis, MS/RD/LDN