

Housing Channel

Title: Seaweed, Mushroom and Tofu Soup

- Super: Healthy Recipes for Elderly II
- Super: Refreshing Series
Seaweed, Mushroom and Tofu Soup
- Super: Simple ingredients, full of fresh flavour
- Super: Seaweed is rich in iodine, which is required for normal thyroid function
- Super: Mushrooms contain glutamic acid, which is one of the elements that makes up protein
- Super: Ingredients (4 servings)
Seaweed 20g
Silky Tofu 400g
Mushroom 4 pcs / 40g
Minced Lean Pork 4 taels / 160g
Water 6 bowls
- Super: Marinade (for minced pork)
Salt 1/8tsp
Sugar 1/2tsp
White pepper trace
- Super: Seasoning
Salt 1/8tsp
- Super: Soak seaweed until softened
- Super: Dice tofu
- Super: Destalk and slice mushroom
- Super: Mix minced pork with the marinade
- Super: Add minced pork to boiling water and cook until it turns white.
Add in seaweed, mushroom and tofu, then simmer on low heat for 20 minutes
- Super: Season with salt
Tips: Or use pepper and scallion for seasoning
- Super: Seaweed, Mushroom and Tofu Soup