



# California Stir-Fry Soup

**Servings**

4

**Calories**

50

**Prep Time**

5 minutes

**Total Time**

30 minutes

**Skill Level**

Easy

## Ingredients

1 (12 ounces) package Mann's California Stir Fry

3 cups chicken broth, low sodium

1 cup mushrooms, thinly sliced

1 clove garlic, minced

1 tablespoon lime juice

1 teaspoon red pepper flakes, crushed

1 tablespoon soy sauce, low sodium



## The Method

In a large pot add chicken broth, garlic, lime juice, red pepper and soy sauce. Cook on med-high for 10 minutes. Add Mann's California Stir Fry and mushrooms. Cook for another 10 minutes, until veggies are tender, then serve immediately. Protein can be added with cooked beef, chicken, shrimp or tofu.

### Nutrition Facts

Serving Size: 296g | Servings: 4

#### Amount Per Serving

Calories 50 | Calories from Fat 5 | Total Fat 0g (sat fat 0g trans 0g) | Cholesterol 5mg | Sodium 580mg | Total Carbohydrate 9g | Dietary Fiber 3g | Sugars 4g | Protein 4g | Vitamin A 100% | Vitamin C 90% | Calcium 4% | Iron 4%

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