

Wonton Soup



Servings: 6

For the Wontons:

*8 ounces ground pork
2 green onions, finely chopped
1 tablespoon soy sauce
1 teaspoon sesame oil
1 tablespoon fresh ginger, grated
1 1/2 teaspoons cornstarch
30 wonton wrappers
1 tablespoon all-purpose flour
For the Broth:
8 cups chicken stock
2 garlic cloves, whole
2 slices ginger root
2 tablespoons soy sauce
1 teaspoon sesame oil
2 green onions, sliced*

For the Wontons:

In a bowl combine ground pork, green onions, soy sauce, sesame oil, ginger, and cornstarch.

Place 1 teaspoon of filling in the centre of the wonton wrapper. Moisten the edges with water and fold in half to make a triangle. Moisten the 2 longer tips and press together.

Dip the bottom of the wonton in all-purpose flour and place on a tray lined with parchment paper. Repeat with remaining wontons.

For the Broth:

To a pot add chicken stock, garlic, ginger, soy sauce, sesame oil, and green onions. Bring to a boil. Turn down the heat and simmer for 10 minutes.

Remove the garlic, and ginger.

Add in the wontons and simmer for 4-6 minutes or until the pork is cooked through.

Ladle into bowls.

Serve

Per Serving (excluding unknown items): 307 Calories; 8g Fat (22.5% calories from fat); 21g Protein; 38g Carbohydrate; 1g Dietary Fiber; 36mg Cholesterol; 1150mg Sodium; 5g Total Sugars; trace Vitamin D; 43mg Calcium; 3mg Iron; 546mg Potassium; 209mg Phosphorus. Exchanges: .