

Treasure Barrel

Asian Dumpling Potsticker Soup - Cozy Warm Classic

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 potsticker dumplings (chicken or vegetable)
- [ ] 4 cups low-sodium chicken broth
- [ ] 2 cups baby bok choy, chopped
- [ ] 1 carrot, thinly sliced
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated
- [ ] 1 tbsp soy sauce
- [ ] 1 tsp rice vinegar
- [ ] 1 tsp sesame oil
- [ ] 2 scallions, sliced for garnish

Optional Enhancements

- [ ] 1 tsp chili oil for heat
- [ ] Fresh cilantro leaves
- [ ] A drizzle of toasted sesame seeds

Instructions

1. Heat a large pot over medium heat, add a splash of oil, then sauté the garlic and ginger until fragrant, about 1 minute.
2. Pour in the chicken broth and bring to a gentle simmer; stir in soy sauce and rice vinegar.
3. Add the carrot and bok choy, letting them soften for 3-4 minutes while the broth stays warm.
4. Gently slide the potsticker dumplings into the broth; cover and cook for 5-6 minutes until they float and are heated through.
5. Finish with a drizzle of sesame oil, sprinkle scallions, and if you like, a hint of chili oil for a subtle kick.

Nutrition per serving

320 kcal	22 g	34 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using frozen dumplings, let them sit at room temperature for 10 minutes before adding to the broth.
- Taste the broth before serving; adjust salt with a tiny pinch of soy sauce if needed.
- For extra depth, simmer a piece of kombu in the broth for 10 minutes, then remove.