



The Tucson Chinese Cultural Center is a partner of the All of Us Research Program (AoUSRP) as regional partner in the Asian and Recruitment Core (ARC), AoUSRP a national campaign to improve the health of all Americans through data-gathering.



Creamed Chicken Corn Soup Recipe

Ingredients

1 ½ cup Corn (Frozen or canned)	3-4 tbs Corn starch
3 oz Ground chicken breast	Salt
2 Large eggs	Chicken essence
5 cup Water	White pepper powder (optional)

Preparation

- Add 1 egg white to the ground chicken, mix well and set aside.
- Chop/mince the corn to small pieces
- Add 5 cups of water to a pot and bring to boil.
- Add the chicken and stir well (make sure that chicken is separated in small pieces); add the minced corn, bring to boil
- Season the soup with salt and chicken essence to your taste
- Put the corn starch in a bowl, add 5 tablespoons of water, mix well
- Thicken the soup by pouring in the corn starch mix, stir well
- Crack the egg into a bowl and scramble
- Pour the egg mix into the soup and stir well
- Add couple dashes of white pepper powder (optional) and stir
- Serve in a bowl

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