

Egg Drop Soup

Servings: 4

Diet: Vegetarian & Gluten-Free

Ingredients

- 4 cups chicken broth, low sodium
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon cornstarch or 2 tablespoons for a thicker soup
- 5 eggs, beaten
- 1 bunch scallions, white and light green parts, chopped
- Optional: hot sauce

Instructions

STEP 1: In a medium saucepan, bring 4 cups of chicken broth to a boil. Reduce the heat to simmer.

STEP 2: Stir in the soy sauce and cornstarch. Continue stirring until the cornstarch dissolves. Using a ladle or large spoon, stir the soup in a circular motion and slowly drizzle in the egg until it has all been added. Let simmer for 1 minute.

STEP 3: Ladle into bowls and top with scallions. Add hot sauce to taste, if desired.



- **Nutrition Boost:** Top with leftover cooked chicken (or 1 can of chicken) and veggies, roughly chopped
- **Make it Gluten-Free:** Use gluten-free soy sauce or tamari instead of regular soy sauce
- **Make it Vegetarian:** Use vegetable broth instead of chicken broth



Per Serving: 150 Calories | 7g Carbs | 1g Sugar | 1g Fiber | 7g Fat (2.5g Sat Fat) | 13g Protein | 340mg Sodium

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