

Easy Egg Drop Soup

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*8 ounces mushrooms
3 green onions, thinly sliced
1 tablespoon fresh grated
ginger
1 tablespoon cooking oil
4 cups chicken broth
2 cups water
1 tablespoon soy sauce
1 tablespoon cornstarch
2 large eggs
2 cups fresh baby spinach
(optional)*

Preparation Time: 10 minutes

Cook Time: 20 minutes

Wash and slice the mushrooms. Use a vegetable peeler or the side of a spoon to scrape the skin from the ginger. Use a cheese grater to grate about one tablespoon of the ginger.

Add the mushrooms, green onions and ginger to a large soup pot along with the cooking oil. Saute' the vegetables over medium heat or until the mushrooms begin to soften.

Add the chicken broth, water, and soy sauce to the pot.

In a small bowl, stir together the cornstarch with one tablespoon of water. Pour the cornstarch slurry into the soup pot. Stir to combine.

Bring the soup to a boil over medium-high heat. While waiting, whisk the eggs in a bowl. Once the soup is boiling, reduce the heat to low and wait for the soup to stop boiling. Use a large wooden spoon to stir the pot and make the broth swirl in one direction. While the soup is swirling, slowly pour the whisked eggs into the soup in a thin stream. Let the eggs sit in the hot liquid, undisturbed, for 1 to 2 minutes.

Add the fresh spinach to the pot. Stir until it has wilted. Taste and adjust the salt by adding more soy sauce, if needed.

Serve hot.

Per Serving (excluding unknown items): 531 Calories; 30g Fat (50.9% calories from fat); 38g Protein; 27g Carbohydrate; 4g Dietary Fiber; 424mg Cholesterol; 4252mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 3 Vegetable; 3 1/2 Fat.