

Egg Drop Soup

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Servings: 4

Start to Finish Time: 10 minutes

5 cups chicken broth

1/2 teaspoon sugar

1 egg, lightly beaten

1/3 cup sliced fresh spinach

2 green onions, sliced

In a large saucepan over medium heat, boil the broth and sugar.

Reduce the heat to low.

Drizzle the beaten egg into the hot broth.

Remove from the heat.

Stir in the spinach and onions.

Per Serving (excluding unknown items): 71 Calories; 3g Fat (39.8% calories from fat); 8g Protein; 2g Carbohydrate; trace Dietary Fiber; 53mg Cholesterol; 973mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.