

Easy Egg Drop Soup II

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Servings: 6

*6 cups low-sodium chicken
or vegetable broth*

*1 cup green onion, chopped
1/3 cup + 2 tablespoons
cold water*

3 tablespoons cornstarch

*3 tablespoons low-sodium
soy sauce*

1/4 teaspoon sugar

1/4 teaspoon salt

3 eggs

In a large pot over medium-high heat, bring the broth and 3/4 cup of the green onion to a boil.

In a small bowl, stir together 1/3 cup of cold water, the cornstarch, soy sauce, sugar and salt until smooth. Stir the cornstarch mixture into the broth. Boil, stirring, for 1 minute. Reduce the heat to low.

In a bowl, beat the eggs with the remaining two tablespoons of cold water. Pour the egg mixture into the soup. Cook, stirring with a fork, until the eggs are opaque, about 1 minute.

Garnish with the remaining 1/4 cup of green onion.

Per Serving (excluding unknown items): 63 Calories; 3g Fat (36.4% calories from fat); 4g Protein; 6g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 427mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.