CHINESE · SIDE

Tomato Egg Drop Soup

15 min · Serves 2 · 178 kcal a serve · Video 4:11 · Souped Up Recipes

Gluten-free ingredients · No dairy listed · No nuts listed

A light, quick soup with about 8 g of protein a bowl from the eggs, for under 180 kcal. It uses just 2 teaspoons of oil and a teaspoon of sugar for two bowls.

Diet notes: Vegetarian with a swap for the chicken stock.

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Ingredients 10 · SERVES 2

- [ ] 1 small **tomato**, diced
- [ ] 1 clove **garlic**, grated
- [ ] 1 tsp **ginger**, finely diced
- [ ] ½ tbsp **spring onion whites**, plus the greens to garnish
- [ ] 2 tsp **oil**
- [ ] ½ tsp **salt**, or to taste
- [ ] 1 tsp **sugar**
- [ ] 2½ cups **chicken stock** (or water), plus 1½ tbsp for the slurry
- [ ] 1½ tbsp **cornstarch**
- [ ] 2 **eggs**, well beaten

Allergens found in the listed ingredients: Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Dice the tomato, grate the garlic and finely chop the ginger and spring onion whites. Beat the eggs well and mix the cornstarch with 1½ tbsp of stock. 1:51
2. Heat the oil in a pot and fry the garlic, ginger and spring onion whites until fragrant, then add the tomato and cook for about a minute until it turns saucy. 2:09
3. Season with the sugar and salt, pour in the stock and bring to a boil. 2:34
4. Stir in the cornstarch slurry and keep stirring for under a minute until the soup thickens slightly. 3:00
5. Keep stirring the soup while you slowly pour in the beaten egg so it sets into thin, silky strands. Taste, then serve sprinkled with the spring onion greens. 3:06

> **Tip** Serve alongside a stir-fry and rice, as the cook does. Use salt-reduced stock and taste before adding salt; add minced meat or tofu slices with the tomato to make it more filling.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
178 kcal	8.3 g	14 g	0.9 g	10 g	1,420 mg
740 kJ	17% of a day	13 g net · 5.3 g sugars	3% of a day	2 g saturated	62% of a day
		5% of a day		13% of a day	

Energy from net carbs 30% · protein 19% · fat 51%

High in (20%+ of a day) Selenium 30% · Omega-3 28% · Vitamin B12 23%

Source of (10–19%) Vitamin K 19% · Vitamin A 11% · Vitamin E 11% · Vitamin C 10%

⚠ One serve has about 62% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Souped Up Recipes (@SoupedUpRecipes) on YouTube — youtube.com/watch?v=oBK_gjfoXZ4, published 7 November 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tomato-egg-drop-soup