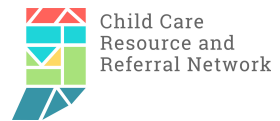


Egg Drop Soup



Ingredients

- 2 eggs
- 4 Cups low-sodium chicken broth
- ½ cup chopped green onions
- ¼ cup shredded carrots
- 1 Tablespoon soy sauce (optional)
- 1 Tablespoon cornstarch (thickener)
- Optional: salt and pepper (for taste)

Instructions

In a medium bowl, whisk together the eggs and 2 tablespoons of chicken broth. In a saucepan, bring the remaining chicken broth to a boil. Slowly drizzle the egg mixture into the boiling broth, whisking constantly to create thin egg strands. Add chopped green onions and shredded carrots. Reduce heat and simmer for 2-3 minutes. In a small bowl, mix together cornstarch and 1 tablespoon of cold water to create a slurry. Slowly stir the cornstarch slurry into the soup and cook until slightly thickened. Season with soy sauce, salt and pepper, if using.

Scan the QR code or visit FamilyResourceNavigator.org/FoodforThought for additional recipes and healthy eating tips.

