



Egg Drop Cabbage Soup

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

- 2 teaspoons olive oil
- ½ medium onion, diced (about ½ cup)
- 1 clove garlic, minced (about ½ teaspoon)
- 4 cups (32 ounces) low-sodium vegetable or chicken broth
- 4 cups thinly sliced napa cabbage (about ½ head)
- ½ teaspoon ground dried ginger (or 2 teaspoons fresh grated ginger)
- Pinch ground black pepper
- 2 eggs, lightly beaten
- 1 teaspoon sesame oil
- 2 tablespoons thinly sliced scallion (green onions), divided (about 1 scallion)

Directions

1. Heat a large saucepan or stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and cook, stirring often, for 5 minutes.
4. Add the garlic and cook until fragrant, about 30-60 seconds.
5. Add the broth, cabbage, ginger, and black pepper. Stir to combine.
6. Bring to a simmer over high heat, then reduce the heat to maintain a low simmer.
7. Cover the pot with a lid and cook until the cabbage is tender, about 8-10 minutes.
8. Remove the lid. Use one hand to stir the soup in a steady circle. While the soup is moving, use the other hand to slowly drizzle in the beaten eggs.
9. Stir in the sesame oil.
10. Serve warm, garnishing each portion with ½ tablespoon of the green onions.

Recipe Notes

- Another type of cabbage can be used in place of the Napa cabbage. You may need to cook it a little longer to ensure that it is tender.

**Nutrition Facts Per Serving: Calories: 95 | Total Fat: 5 g | Saturated Fat: 1 g
Sodium: 375 mg | Total Carbohydrate: 3.5 g | Dietary Fiber: 1 g | Protein: 4.5 g**

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