



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Egg Drop Soup

Serves 4 - 6

Ingredients

- 1 3½ to 4 lb chicken (whole)
- 6 carrots, peeled
- 4 celery stalks
- 1 large yellow onion, quartered
- 2 ½ teaspoons kosher salt
- 1 teaspoon whole black peppercorns
- 1 cup long grain white rice
- 2 eggs, lightly beaten
- 4 scallions, thinly sliced (white and green parts)

Directions

1. Rinse the chicken inside and out and pat dry with paper towels. Place the chicken in a large pot.
2. Cut 3 of the carrots and 2 of the celery stalks (including leaves) into 1-inch pieces. Add the carrots, celery and onion to the pot with the salt and peppercorns. Cover everything with cold water.
3. Bring to a boil. Reduce heat and simmer, skimming any foam that rises to the top, until the chicken is cooked through – about 30 minutes.
4. Thinly slice the remaining carrots and celery and set aside.
5. Transfer the chicken to a bowl and let cool.
6. Strain the broth and discard the vegetables. Return the broth to the pot. Add the sliced carrots, celery and rice and simmer until tender – about 10 minutes. Slowly stir in the beaten eggs and pull a chopstick or fork through the eggs to make strands. Cook until the egg is no longer runny.
7. When the chicken is cool enough to handle, pull the meat off the bones and add it to the soup. Add the sliced scallions. Ladle into bowls.

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