

## Tomato Egg Drop Soup

### Ingredients:

2 large ripe tomato  
2 eggs  
4 cups chicken stock or water  
1 Tbsp Avocado oil  
1 tsp soy sauce  
1/2 tsp sesame oil  
2 Tbsp corn starch  
4Tbsp water  
1 scallion  
half bunch cilantro  
salt and white pepper

### Directions:

Rough chop the tomatoes. Heat a pan to high heat and sauté the tomatoes in the oil until it starts to break down. Then add your chicken stock or water and bring that to a boil. Once boiling, add your finely sliced scallion and chopped cilantro. Turn down the heat to a gentle simmer then slowly drop beaten egg into broth while continuously stirring. Bring back to boil then add soy sauce and sesame oil. Season with salt and white pepper to taste. Serve immediately.

Serves 4:

Calories: 87  
Total Fat: 4 g  
Saturated Fat: 1 g  
Cholesterol: 82 mg  
Carbohydrates: 9.6 g