



HOPE30 KITCHEN

Hope30 Mushroom Egg Drop Soup

Ingredients

- 10 ounces of fresh, sliced Mushrooms
- 1 inch of fresh Ginger grated
- 1/2 tsp of Pink Salt
- 4 cups of Water or Chicken Stock
- 3 Scallions chopped
- 1 TBSP of Coconut Aminos
- 1/4 tsp of Black Pepper
- 3 beaten Eggs

Cooking Directions:

- Wash your sliced mushrooms and saute in non-stick pan until softened.
- Add grated ginger and pink salt, and saute for 3-5 minutes keeping everything moving in the pan until the mushrooms have released some liquid and are quite tender.
- Add water, most of the scallions, reserving some for garnish, coconut aminos and black pepper.
- Bring to a boil, and allow to cook down for about 7-10 minutes or until the scallions have softened.
- Slowly drizzle in the beaten eggs while gently stirring the soup. They will cook very fast into ribbons.
- Remove from the heat, garnish with the remaining scallions and eat immediately.

NOTES:

