***Noodle Egg Soup***

A popular Chinese easy-digested food is noodle egg soup. If you just recovered from   
cold or flu, or have very low appetite, this soup can help you with enough nutrition   
without consuming a lot of your energy to digest it.  
  
***Ingredients***:  
  
1 can low sodium and low fat chicken or beef broth, 1 oz thin rice or wheat noodles, 1   
egg, and some sesame oil.  
  
***Instructions*:**1.Beat the egg in a small bow  
2.Bring the broth to a boil in a pot  
3.Put the noodle in the broth, and boil until noodle cooked  
4.Drop the egg in the broth and spread it in a circular fashion, wait until the soup boil   
again.  
5.Add a coup of drops of sesame oil in the soup. It is ready to serve.  
  
Serves 1 person