Egg Drop Soup

The Process:
- Heat 2-3 cups of chicken or beef broth (preferably a low sodium variety) and add desired vegetables. Broccoli, mushrooms, onions, carrots, celery and bean sprouts.
- If you want carbs, add sliced potatoes, cooked barley or whole wheat pasta.
- At the end of the cooking process, crack 1-2 eggs into the bowl (or pour in 5-6 egg whites) and continue to heat, stirring occasionally.
- Once the eggs whiten, remove from heat and serve.