



Egg Drop Soup with Mushrooms and Shrimp

INGREDIENTS

3 tbsp avocado or peanut oil	2 cloves garlic, minced
2 tsp peeled and minced fresh ginger	4 green onions, thinly sliced + green parts
6 oz mushrooms, thinly sliced	6 cups vegetable or chicken broth
2 cups thinly sliced green cabbage	¼ cup reduced-sodium soy sauce or tamari
¼ cup rice vinegar	1 tbsp toasted sesame oil
1 tsp raw honey, or to taste	Ground black pepper, to taste
1 lb medium shrimp, peeled and deveined	2 large eggs, beaten

DIRECTIONS

In a medium pot on medium, heat avocado oil. Add garlic, ginger and onions and sauté until fragrant, 1 minute. Add mushrooms; sauté until softened, about 3 minutes. Add broth, cabbage, soy sauce, vinegar, sesame oil, honey and pepper. Bring to a boil and simmer for 2 minutes. Add shrimp and simmer until cooked through, about 3 minutes. Whisk soup and pour in eggs, whisking constantly. Divide soup among bowls and garnish with additional onions. Makes 6 servings; 210 calories each.