



SIMPLE EGG DROP SOUP

PREP TIME: 10 MINUTES **COOK TIME:** 40MINUTES **TOTAL TIME:** 50 MINUTES

Ingredients

- 8 cups low-sodium vegetable broth
- 1 tsp reduced-sodium soy sauce
- 1 cup sliced green onions
- 1/2 cup roasted seaweed, chopped
- 1 cup quinoa (mixed white & red)
- 5 large eggs, beaten (if eggs aren't in your diet, use pieces of tofu)
- 1/4 tsp ground ginger or a drop of dōTERRA's ginger oil
- 1/4 tsp garlic powder
- 1/4 tsp curry powder
- Pinch of black pepper & salt to your liking
- 1/4 tsp sesame oil
- Garnish with chives

Directions

1. In a pot, bring all the ingredients (except the quinoa, egg, sesame oil & salt) to a boil
2. Add in quinoa for 15 minutes. Reduce heat to a simmer & slowly pour the beaten eggs into the soup for the last 5 minutes while gently stirring it in
3. Remove from heat & add the salt, sesame oil (if using) & garnish with chives



Enjoy!!