



# Egg Thread Soup with Asparagus

By: Marie Simmons

Adapted by; Bob and Robin Young

8 servings    Serving size: about 1 cup

Stirring eggs into simmering stock is a classic technique for adding nourishment and body to soup.

Asparagus gives it a mild, sweet flavor and a bit of texture. Serve this quick soup with Parmesan Crisps or sprinkle with grated Parmesan.

## ***Ingredients:***

8 c homemade Chicken Stock, fat skimmed, or Reduced-Sodium Chicken Stock

$\frac{1}{2}$  c Pastina, or other tiny pasta, such as Alphabet or Stars (We used broken thin spaghetti)

12 oz Asparagus, trimmed and cut into  $1\frac{1}{2}$ -inch diagonal pieces (2 cups)

4 lg Eggs

$\frac{1}{2}$  t fresh Lemon Juice

$\frac{1}{4}$  t Sea Salt, optional

## ***Directions:***

Bring chicken stock to a boil in a Dutch oven or soup pot. Stir in pasta. Cook, uncovered, over medium-high heat, stirring occasionally, until pasta is just tender, about 5 minutes. Stir in asparagus; cook for 2 minutes. Reduce heat to medium.

Break eggs into a large measuring cup and whisk until well blended. Add to the gently boiling soup in a thin, steady stream, stirring constantly with a fork. (Slow stirring will produce large threads; rapid stirring will break the threads up into small pieces.) Remove from heat and stir in lemon juice.

Taste, adding salt if desired.

## ***Nutrition information***

Per serving:

173 calories;            8.0 g fat(3.0 g sat);            1.0 g fiber;

11.0 g Carbohydrates;    16.0 g protein;            78.0 mcg folate;

106 mg cholesterol; 2.0 g sugars;            533.0 IU vitamin A; 4.0 mg vitamin C;

275.0 mg calcium; 1.0 mg iron; 981 mg sodium;    343.0 mg potassium

Nutrition Bonus: Calcium (28% daily value), Folate (20% dv)