

Uploaded to VFC Website January 2013

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

Veterans-For-Change is a 501(c)(3) Non-Profit Corporation Tax ID #27-3820181

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note: VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Egg Thread Soup With Asparagus

Prep Time: 10 mins * Cook Time: 10 mins Total Time: 20 mins

Ingredients

*

⋇

*

⋇

⋇ ⋇

*

*

*

✻

✻

* *

- \geq 8 cup(s) broth, reduced-sodium chicken, or homemade chicken broth, fat skimmed
- 1/2 cup(s) pasta, alphabet, or stars, or pastina \geq
- 12 ounce(s) asparagus, trimmed and cut into 1 1/2-inch diagonal pieces, (2 cups) \geq
- 4 large egg(s) \geq
- 1/2 teaspoon lemon juice \geq
- 1/4 teaspoon salt, (optional)

Preparation

1. Bring broth 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.

2. 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.