

Traditional Vietnamese Tomato Egg Drop Soup (Canh Trung Ca Chua)

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Serves 3-5

INGREDIENTS

- 2 tablespoons vegetable oil
- 2 tablespoons minced garlic
- 2-3 cups diced tomatoes
- 1 quart water (or half amount unsalted stock of your liking and half amount water)
- 2 teaspoons granulated sugar
- 1 teaspoon sea salt
- ½ teaspoon chicken or mushroom bouillon stock powder
- ½ teaspoon fish sauce
- 2 beaten eggs
- 3-4 sprigs of cilantro or 1 green onion (thinly slice)
- ¼ teaspoon ground black pepper

INSTRUCTIONS

1. Heat up a small pot or wok over medium-high heat. Add minced garlic and stir fry until fragrant (a couple of seconds).
2. Toss in the chopped tomatoes and stir fry until wilted and the juices are released.
3. Add in water and/or unsalted stock. Bring the mixture to a boil then reduce heat to a low simmer. Season with sugar, salt, bouillon powder, and fish sauce. If using salted stock, you may need to reduce the amount of salt to your taste.
4. Pour a thin stream of the beaten eggs as you swirl the soup. This is how you get that pretty egg ribbons. The faster you stir, the thinner the ribbons.
5. Before serving, garnish with ground black pepper and sprinkle of chopped cilantro and/or green onions. Serve with steamed rice and a main protein dish for a complete meal.