

Quick and Easy Egg Roll Soup

Printer-Friendly Version

Ingredients:

2 Tbsp. olive oil
½ a yellow onion, chopped or diced
3 cloves garlic, minced
2 cups shredded cabbage
½ cup carrots, julienne
4 cups chicken broth (I use fat free or reduced sodium)
2 cups shredded chicken or pork
1 tsp. ground ginger
3 tsp. soy sauce (I use reduced sodium)
½ tsp. toasted sesame oil
salt and pepper to taste
Egg roll wrappers (for garnish)

Directions:

Place the olive oil in a medium to large pot, over a medium-high heat. Add in the onion and sauté for 5 minutes, or until the onions appear translucent. Be sure to stir occasionally. Now, add in the garlic and stir for another minute or so. Pour in the cabbage, carrots, chicken broth, chicken or pork, and ginger; then bring the ingredients to a gentle boil. Reduce the heat to medium-low and let the soup simmer, uncovered, for 10-15 minutes. With about one minute left, add in the soy sauce, sesame oil, salt, and pepper. Stir all the ingredients together until combined.

Remove the soup from heat and serve immediately. Be sure to garnish the soup with broken up chunks of an egg roll shell for a more authentic egg roll experience.

You may always follow the cooking directions that are provided on the package of the egg roll wrappers, but I opted for the healthiest way, which was to bake them. In order to do this I preheated my oven to 400 degrees and then I placed an egg roll wrapper on a pan that I had sprayed with Pam. After that I lightly coated both sides of the individual egg roll wrapper with olive oil and then placed in the oven for 4-7 minutes. Keep your eye on the wrapper, because it can burn quickly. Once it reaches a nice golden brown color, remove from the oven and let cool for about 1 minute. Crumble up and place on top of the soup for garnish.