

Changua – Egg and Cilantro Soup

Source: sercocinera.wordpress.com

Prep	Cook	Total
5 min	5 min	10 min

Serving: 4

This Bogota, Colombia soup is a perfect way to start easing into the idea of soup for breakfast which better allows us to add veggies throughout the day...this one uses a lot of cilantro (aka coriander) a little green onion. Cilantro is considered to be antioxidant, anti-inflammatory, antimicrobial, carminative and stimulating to circulation. What a way to start the day!

Ingredients

2 cups **water**

2 cups **milk of choice**

4 **eggs**

1 cup **fresh cilantro** *chopped*

2 **green onions** (*scallions*) *chopped*

salt and pepper

4 slices **whole grain bread** *toasted*

Directions

Place water and milk in a saucepan, season with salt and pepper and bring just to a boil. Crack the eggs individually onto a plate and carefully slide each into the soup. Cover and simmer for 1-2 minutes. Check the white to ensure it is completely cooked. Cook longer for less runny yolks. Scoop the eggs out when done to your liking.

Divide the soup, cilantro and spring onions between 4 bowls. Float the toast on top of the soup and carefully place the egg on top of the toast.

Nutrition based on 2% cow milk and whole grain wheat bread

Nutritional Information

Amount Per Serving (4 Servings)

Calories: 207 **Protein:** 14 g **Sugar:** 8 g **Carbohydrate:** 21 g **Fat:** 8 g **Cholesterol:** 170 mg **Sodium:** 417 mg **Fiber:** 2 g

