CHINESE · LUNCH · DINNER

Egg Drop Meatball Soup (Dan Hua Tang)

20 min · Serves 1 · 926 kcal a serve · Video 17:54 · Steak and Butter Gal

Carnivore · Gluten-free ingredients · Dairy-free · Nut-free

Just ground beef, eggs and water, with no added salt or seasoning: the whole pot gives about 85 g of protein and is rich in vitamin B12, zinc, selenium and iron.

Diet notes: Keto (1.7 g net carbs a serve).

Scan for the video, full nutrition and more free recipes

Ingredients 4 · SERVES 1

- ☐ ¾ lb 80/20 **ground beef**
- ☐ 1 **egg**, for the meatballs
- ☐ 2 **eggs**, beaten, for the egg drop
- ☐ about 3 cups **water**, a small pot (or use broth)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring a small pot of water (about 3 cups, or broth) to the boil. 6:02
2. Mix the ground beef with 1 egg by hand until it turns sticky and well combined; the egg binds the meatballs. 7:13
3. Beat the other 2 eggs in a small bowl. 9:23
4. Turn the heat down to a simmer. Scoop up spoonfuls of the meat, shape them roughly against the side of the bowl and drop them straight into the water. 9:32
5. Simmer 1–2 minutes, until the meatballs are cooked through, then turn off the heat. 10:45
6. Pour the beaten eggs in slowly and leave them untouched so they set into soft egg 'flowers'. Ladle into bowls. 10:53

> **Tip** Serves 1 as the cook makes it (she eats the whole pot and says to multiply the beef and eggs for more people); share it for two lighter bowls. The water amount is ours. Broth instead of water adds flavour; season if you like.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
926 kcal	**85** g	**1.7** g	**0** g	**62** g	**390** mg
3,870 kJ	170% of a day	1.7 g net · 1.7 g sugars 1% of a day	0% of a day	23 g saturated 79% of a day	17% of a day

Energy from net carbs 1% · protein 38% · fat 61% — fits keto: 1.7 g net carbs, 61% of the energy from fat

High in (20%+ of a day) Vitamin B12 356% · Selenium 181% · Zinc 161% · Vitamin B6 66% · Iron 47% · Vitamin A 25% · Potassium 22% · Folate 22%

Source of (10–19%) Vitamin D 18% · Vitamin E 17% · Magnesium 16% · Omega-3 16% · Calcium 11%

Recipe and video: Steak and Butter Gal (@SteakandButterGal) on YouTube — youtube.com/watch?v=cjOxUBiVRQ8, published 26 December 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/egg-drop-meatball-soup-dan-hua-tang