

Tofu and Tomato Egg Drop Soup

By [Hetty McKinnon](#)

Time 15 minutes

1

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Mark Weinberg for The New York Times. Food Styling by Barrett Washburne.

This soup offers the same sweet, tangy and savory flavor profile of the beloved Chinese dish [stir-fried tomato and egg](#). Like the stir-fry, this tomato soup is on the sweet side, with sharpness from the untraditional addition of ketchup. There are several ways to drop an egg: Beating the eggs lightly will result in both white and yellow swirls, while running a chopstick or wooden spoon through the egg as it cooks will produce long, willowy strands. This recipe calls for dropping the egg into the hot soup and leaving it, which will give you chunks. A tip: If you have a liquid measuring cup with a spout, beat the egg in that, as it will give you more control when pouring the egg into the hot liquid. If you want the soup spicy, top with chile oil or [chile crisp](#).

INGREDIENTS

Yield: 4 servings

- 1 tablespoon neutral oil
- 4 scallions, white and green parts separated, finely sliced

PREPARATION

Step 1

Place a large pot or Dutch oven over medium-high heat. When hot, add neutral oil and heat for 15 seconds. Add the scallion whites and ginger, and sizzle for 30 seconds until fragrant.

- 1 (1-inch) piece ginger, peeled and finely chopped
- 1 (28-ounce) can crushed tomatoes
- 3 cups vegetable stock
- 1 (14-ounce) package firm tofu, drained, patted dry and cut into ½-inch cubes
- 2 tablespoons ketchup
- 1½ teaspoons kosher salt (Diamond Crystal)
- 2 tablespoons granulated or brown sugar
- 2 teaspoons sesame oil
- 3 large eggs, well beaten

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Step 2

Pour in the crushed tomatoes and vegetable stock, and stir to combine. Cover, reduce heat to medium and cook for 5 to 6 minutes to allow the flavors to meld.

Step 3

Add the tofu, ketchup, salt, sugar and sesame oil, and stir to combine. Taste and add more sugar and salt if needed. It should be slightly sweet, savory and a little tart. Increase heat to medium-high.

Step 4

When it comes to the boil, very slowly trickle the beaten eggs into the soup, moving in a zigzag or circular motion, distributing it evenly all over the surface of the soup. You can leave the egg to set without stirring, and this will give you larger chunks of egg. If you like longer strands, run a chopstick or wooden spoon slowly through the eggs as they set. The eggs should only take 30 to 60 seconds to cook. Turn off the heat immediately.

Step 5

Ladle soup into bowls and top with the green parts of the scallion. Eat immediately.

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