



# Tomato Egg Beef Noodle Soup



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## Introduction

Tomato egg beef noodle soup is a comforting and hearty dish that combines the rich flavors of tender beef, juicy tomatoes, and fluffy eggs, all brought together in a deliciously satisfying broth. This delightful recipe is perfect for any time of the year, providing a warming meal that can be enjoyed by the whole family. The balance of protein and flavorful ingredients makes this dish not just nourishing but also incredibly enjoyable.

## Detailed Ingredients with measures

- Beef (sliced, about 500g)
- Tomatoes (2 large, diced)
- Eggs (2, beaten)
- Noodles (200g, any type)
- Beef broth (4 cups)
- Garlic (2 cloves, minced)
- Ginger (1-inch piece, minced)
- Onion (1 medium, chopped)
- Soy sauce (2 tablespoons)
- Salt and pepper (to taste)
- Green onions (for garnish)
- Cooking oil (for frying)

## Prep Time

15 minutes

## Cook Time, Total Time, Yield

Cook Time: 30 minutes

Total Time: 45 minutes

Yield: Serves 4 people



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## Detailed Directions and Instructions

### Prepare the Beef

Start by marinating the beef slices with soy sauce, cornstarch, salt, and white pepper. Let it sit for about 15 minutes to absorb the flavors.

### Cook the Noodles

Boil a pot of water and add the noodles. Cook according to the package instructions until they are al dente. Once cooked, drain and set aside.

### **Prepare the Broth**

In a large pot, heat some oil over medium heat. Add minced garlic and chopped onions, sautéing until fragrant. Then, add diced tomatoes and cook until they soften.

### **Add the Beef**

Add the marinated beef to the pot and stir-fry until it changes color, cooking for about 3-5 minutes.

See also Crème Brûlée Cookies

### **Add Water and Seasonings**

Pour in water and bring it to a boil. Season the broth with soy sauce, salt, and pepper, letting it simmer for about 10 minutes.

### **Incorporate the Eggs**

Crack the eggs into the broth while stirring gently to create egg ribbons. Let it cook for another 2-3 minutes.

### **Add the Noodles**

Finally, add the cooked noodles to the pot. Stir everything together and let it heat through for a couple of minutes before serving.

### **Garnish and Serve**

Ladle the soup into bowls and garnish with chopped green onions and cilantro for added freshness.

# Notes

## Variations

Feel free to add other vegetables such as spinach, bok choy, or mushrooms for added nutrition and flavor.

## Serving Suggestions

Serve the soup hot, and consider providing additional condiments like chili oil or soy sauce on the side for individual preferences.

## Storage

Leftover soup can be stored in an airtight container in the refrigerator for up to 3 days. Reheat before serving.



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## Cook techniques

### Preparing the broth

Start by boiling water with the necessary ingredients to create a flavorful base for the soup, allowing the flavors to meld.

### Cooking the noodles

Add the noodles to the simmering broth and cook until they reach your desired level of tenderness, ensuring they are not overcooked.

### **Making the tomato-egg mixture**

Lightly beat the eggs and then pour them into the hot broth, allowing them to cook and form ribbons within the soup.

### **Adding the beef**

Thinly slice the beef and add it to the soup, cooking until it's tender and fully cooked through.

See also [Sweet Air Fryer Churro Bites Recipe](#)

### **Final seasoning**

Adjust the flavor by adding condiments and seasonings to taste, enhancing the overall taste of the soup.

## **FAQ**

### **Can I substitute the beef with another protein?**

Yes, chicken, pork, or tofu can be used as alternatives depending on your preference.

### **What type of noodles work best for this soup?**

Wheat noodles or egg noodles are typically recommended for their texture and ability to absorb flavors.

### **How can I make the soup spicier?**

You can add chili oil, fresh chilies, or red pepper flakes to increase the spiciness of the soup.

**Can I prepare the broth in advance?**

Absolutely, the broth can be made ahead of time and refrigerated or frozen for later use.

**What are some variations I can try with this recipe?**

You can experiment with different vegetables, such as spinach or bok choy, and add additional spices or herbs for enhanced flavor.



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## Conclusion

The Tomato Egg Beef Noodle Soup is a delicious and hearty dish that brings together the rich flavors of beef, fresh tomatoes, and delicate eggs, all harmoniously layered over noodles. Its comforting nature and balanced taste make it a perfect meal for any occasion, whether it's a chilly evening or a casual family gathering. Enjoying this soup not only satisfies the palate but also provides a nourishing experience, making it a delightful addition to your culinary repertoire.

## More recipes suggestions and combination

### **Spicy Beef Noodle Soup**

Elevate your noodle soup experience by adding your favorite spices like chili oil or Szechuan peppercorns. This version offers a kick that will surely warm you up.

### **Vegetable and Egg Noodle Soup**

For a lighter and vegetarian-friendly option, include an assortment of fresh vegetables such as spinach, bok choy, and carrots. The eggs provide a rich texture while keeping it wholesome.

See also [Broad Bean Soup](#)

### **Tomato Basil Pasta**

Transform your tomato flavor profile by swapping noodles for pasta. Add fresh basil and a drizzle of olive oil for a refreshing take that highlights the tomatoes beautifully.

### **Beef and Broccoli Stir-Fry**

Pair your beef with crisp broccoli and toss with soy sauce and ginger for a tasty stir-fry that can be served alongside the soup for a full meal experience.

### **Herbed Tomato Rice**

Create a simple side dish of herbed rice cooked with diced tomatoes and flavored with parsley and thyme to complement the flavors of the soup.

### **Cheesy Garlic Bread**

Serve a side of cheesy garlic bread to soak up the delicious broth of the soup. It's an easy yet indulgent pairing that everyone loves.



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