

Zucchini Soup with Eggs

Prep Time: 5 minutes Cook Time: 30 minutes Serves: 2 people

✓ Keto Diet ✓ Mediterranean Diet ✓ Whole30 Diet ✓ Paleo Diet

Ingredients

- 3-4 zucchini
- 1-2 onions
- 4 eggs (2 per person)
- Papa Vince Sea Salt
- Black Pepper
- Papa Vince Extra Virgin Olive Oil (EVOO)

Directions

1. Wash and chop the onion and zucchini.
2. Put them in a pot on the stove.
3. Add Sea Salt, black pepper and Papa Vince EVOO, all to taste.
4. Add in enough water to just cover the vegetables, boil and then simmer until zucchini is 'al dente' (crunchy and tender at the same time).
5. Taste and adjust the seasoning.
6. Add eggs directly to the broth and cook for another 10 minutes.
7. Serve with a dash of EVOO to enhance the flavor.