

Portuguese Egg & Bread Soup

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-egg-bread-recipe>

Ingredients:

- 1/3 cup olive oil best Portuguese, No Portuguese olive oil? Use your best olive oil
- 1 medium yellow onion diced small
- 3 cloves garlic minced
- 1 bunch cilantro about 1/2 to 3/4 Cup chopped leaves and tender stems, save a little for garnish, optional
- 6 slices bread stale crunchy crusted, as you would use with Sopas
- 4 eggs poached for 5 minutes
- 6 cups water with 1 T of white vinegar, other vinegar can be used and may impart a different flavor
- 5 ounces linguica chopped and cooked separately, optional
- salt
- pepper

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 250 milligrams
4. Fat: 40 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 10 grams
8. Sodium: 1130 milligrams
9. Sugar: 3 grams
10. TransFat: 0.5 grams

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