

Sopa de Tomate

(Portuguese Tomato Soup with Poached Eggs)

Prep Time: 10 minutes Total Time: 30 minutes



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Ingredients

- 4 medium fresh tomatoes
- 2 medium onions
- 4 cloves of garlic
- 1 low sodium vegetable bouillon cube
- 50 ml (1/4 cup) olive oil
- 4 eggs
- A small bunch of fresh parsley (to taste)
- 750 ml (about 3 cups) water
- 1 bay leaf
- 1 teaspoon salt



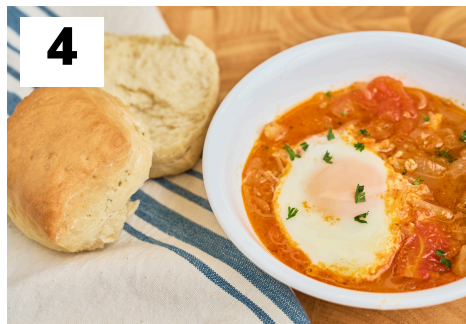
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Directions

1. In a large saucepan, pour the olive oil, whole peeled garlic, bay leaf and the chopped onion. Sauté over low heat until the onion starts to turn golden brown, stirring occasionally.
2. Blanch, peel, and cut tomatoes into small chunks and cook until the tomatoes start to break down, stirring occasionally.
3. Pour in the water, season with salt and vegetable bouillon, stir and bring to a boil over medium-high heat. When it starts to boil, reduce to low heat, add the eggs and let them poach in the soup for about 6-8 minutes.
4. Turn off the heat and sprinkle with chopped parsley.

Tip for a balanced meal:

Serve with homemade bread made with 5 cups of bread flour, 2 1/4 tsp active dry yeast, 2 cups of water, 1 tablespoon of sugar, 2 teaspoons of salt.

Begin by activating the yeast, mixing it with sugar and warm water until it gets foamy. Mix in the remaining ingredients to create the dough, then let it rest for about 30 minutes before kneading. The dough needs to double in size, which takes about an hour. Form into rolls and bake at 400° for about 18-20 minutes.

Nutrition Facts

servings per container	
Serving size	(258g)
Amount per serving	
Calories	310
	% Daily Value*
Total Fat 25g	32%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 200mg	67%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 3g Added Sugars	6%
Protein 8g	
Vitamin D 0.6mcg	4%
Calcium 60mg	4%
Iron 1.6mg	8%
Potassium 400mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Recipe adapted from: <https://www.foodfromportugal.com/recipes/tomato-soup-poached-eggs/#jrecipe>)

Portugal

Food and Eating Practices

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Portugal is a country in Southwest Europe and is known for its culture, cuisine, and capital and largest city, Lisbon! With its incredible views, art, and weather, Portugal is a wonderful country to visit and live in.

Overview of Common Foods

- Staples: Bread, potatoes, rice, seafood, mild cheeses, pasta
- Produce: Tomatoes, onions, peppers, leafy greens
- Animal products: Fish, pork, dairy
- Herbs/spices/flavorings: Olive oil, garlic, parsley, bay leaves, paprika, oregano



Agricultural Products of Country/Region

Produce: Beans, lentils, chickpeas, peas

Animal production: a diversity of high quality dairy products from animals such as eggs, dairy, and a variety of meats.

Suggested Substitutions for Cultural Foods

Local fish, ham, and kale found at farmers' markets can substitute for traditional Portuguese ingredients. Portugal has coastal regions that enjoy fresh-caught seafood and fish. Inland, the population eats more soups and stews.

Other Useful Information about this culture

Portugal has three main meals, similar to American culture, with the largest meal of the day being lunch. Family-centered meals, especially dinners, are also common for the Portuguese. Sharing and passing around food is a common custom.

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