Prep time: 5 minutes  
Cook time: 15  
Serves: 8  
Utensils Needed: 
Large Sauce Pan  
Cutting Board  
Knife  

### Chicken Corn Soup

**Ingredients:**

4 ounces chicken breasts  
1 egg white  
6 cups reduced sodium chicken stock  
2 cups creamed corn  
1/2 teaspoon black pepper  
1/2 teaspoon sesame oil  
1/4 cup cornstarch  
2 egg whites (beaten with fork)

**Directions:**

1. Finely chop chicken breast.  
2. Mix chicken with 1 egg white and 1/2 cup water. Set aside.  
3. Heat stock and add the corn, black pepper, and sesame oil.  
4. Add chicken mixture and bring to a boil.  
5. Reduce heat and add cornstarch mixed with 1/4 cup water.  
6. Slowly add beaten egg whites while stirring soup constantly.  
7. Simmer for 5 minutes and serve.