



Spanish Garlic Soup or Sopa de Ajo

This Spanish soup is the perfect combination of easy, filling and savoury that will have you coming back for seconds. Meaning literally garlic soup in English, its name tells it all. The base is essentially garlic, olive oil and paprika, but the combination of these three ingredients hits your tastebuds (and soul) in just the right way. It is incredibly easy to make and you only need a few ingredients that you most likely already have in your cupboards. Garlic may allow you to exercise longer because garlic releases nitric oxide, a compound that relaxes blood vessels and lowers blood pressure. This compound is often released while running to supply more oxygen to working muscles.

Serves: 4, Prep time: 00:05, Cook time: 00:20

Instructions

1. Slice all of your garlic and place in a small bowl or plate to the side. Make sure to not cut them too thin - you'll want them to maintain their shape.
2. In a large pot, pour in your olive oil and put the flame on medium low while you add in your garlic. Let the garlic get fragrant but don't cook it too much. Just a little bit of colour.

Ingredients

- 1/4 cups Oil, olive
- 1 Garlic , A whole head
- 2 tablespoon Paprika, Smoked
- 2 Eggs
- 1/4 cups White wine
- 4 cups Vegetable Stock
- 1 pinch or to taste Dried Bread or Croutons
- 1 pinch or to taste Sea Salt

3. At this point pour in your wine and cook it for about 2-3 minutes until the mixture is a bit thicker. Then, add in your paprika and salt (if using). Mix well for about a minute.
4. Take your vegetable stock and pour it in. Mix it well for about 30 seconds and keep it on a medium flame for about 10-15 minutes.
5. When the timer is almost done, take two eggs and scramble them in a small bowl. Then slowly pour them into the soup and stir. The result should be strands of eggs that look almost like a galaxy.
6. Pour your soup into a bowl and dunk some dried bread or croutons in to absorb all of that garlic goodness.

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