



## Garlic Soup (Traditional)

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
3-4 People	5 MIN	20 MIN		10

Traditional garlic soup is a simple and comforting dish made with garlic, broth, and basic ingredients. Known in many cultures, this soup is valued for its rich flavor and warming qualities. This easy recipe delivers a soothing and hearty dish that is perfect for cold days or when you want something light yet satisfying. The garlic creates a deep, aromatic flavor that makes this soup truly special.

### Ingredients

- 6-8 garlic cloves, sliced
- 2 tablespoons olive oil
- 4 cups broth (chicken or vegetable)
- 2 slices bread (cubed)
- Salt and pepper to taste
- Optional: egg or parsley

### Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 20 minutes
- Total Time: 25 minutes
- Servings: 3-4
- Course: Soup
- Cuisine: Traditional / European-inspired

## Cooking Method

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### Instructions

1. Heat olive oil in a pot over medium heat.
2. Add garlic and sauté gently until fragrant (**1-2 minutes**).
3. Add bread cubes and toast lightly.
4. Pour in broth and bring to a simmer.
5. Cook for **15-20 minutes**.
6. Season with salt and pepper.
7. Optional: stir in a beaten egg for richness.
8. Garnish with parsley and serve warm.

### Cooking Tips

- Do not burn garlic — cook gently
- Use good-quality broth for better flavor
- Add egg slowly while stirring for texture

## Variations

- Add paprika for Spanish-style soup
- Add cheese for richness
- Use roasted garlic for milder flavor
- Add vegetables like carrots or onions

## What to Serve with Garlic Soup

- Bread
- Salad
- Light meals
- Sandwiches

## Storage

Store in an airtight container in the refrigerator for up to **3 days**.

## Reheating

Reheat gently on the stovetop.

## Frequently Asked Questions

### Is garlic soup healthy?

Yes, it's light and rich in nutrients.

### Can I make it vegetarian?

Yes, use vegetable broth.

### Why add bread?

It thickens the soup and adds texture.

### Recipe Author

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