

Avgolemono: Greek Lemon Chicken Soup

A comforting and nutrient-rich soup with a fresh lemon taste.

INGREDIENTS

2 tbsp olive oil

1 cup rutabaga, diced

1 cup carrot, diced

1/3 cup white parts of green onion, sliced

8 cups chicken stock

1 tsp garlic powder

2 bay leaves

1 1/2 cups cooked chicken breasts, shredded

1 cup rice, dry

1/3 cup, plus 1 tbsp lemon juice

Bunch fresh dill with stems

2 large eggs

Salt and pepper to taste

PREPARATION

1. In a large pot, heat olive oil over medium-high heat. Add rutabaga and carrots, fry for 5 minutes, stirring occasionally to prevent browning. Add onions and fry for another 3 minutes.
2. Add the stock, garlic powder, bay leaves, and shredded chicken. Increase the temperature to high and bring the liquid to a boil. Stir in rice. Reduce the heat to medium-low, add bunch of dill on top and simmer uncovered for 20 minutes. As the rice absorbs the liquid, you may want to add some more stock or water.
3. In a medium bowl, whisk both eggs until light and frothy, about 5 minutes. Whisk in lemon juice for another 2 minutes.
4. Remove the dill from the soup. Add 2 ladles of soup to lemon mixture to temper the eggs and prevent them from scrambling. Pour the lemon mixture into the soup and remove the pot from heat.
5. Garnish with fresh or dried herbs, season with salt and pepper and serve hot.

NUTRITION FACTS (PER SERVING: 1/6 OF RECIPE)

Kcal: 209 / Protein (g): 18 / Fat (g): 8 / CHO (g): 17 / Fibre (g): 2 / Ca (mg): 57 / Fe (mg): 1 / Na (mg): 264