

greek lemon rice soup



DIFFICULTY: easy
SPECIAL DIETS: gluten-free
YIELD: 6 servings

PREPARATION TIME:
 10 minutes
TOTAL COOKING TIME:
 20 minutes

Also known as "avgolemono" this is a great recipe to make the day after you've had roast chicken. Roast chicken bones make a flavorful stock. You can also double this recipe and save the left-overs for lunches

INGREDIENTS:

- ½ cup diced carrots
- ½ cup diced celery
- ¼ cup diced onion
- 2 tbsp butter (or substitute olive oil)
- 6 cups chicken stock
- 2 tsp chicken bouillon (if not using home-made stock)
- ½ cup uncooked white rice
- 2 lemons, juiced (approx. 3 tbsp)
- 2 eggs
- salt and pepper

PREPARATION:

- MELT butter in soup pot and lightly SAUTE carrots, celery, and onions for 5 minutes
- ADD chicken stock, bouillon, and rice to pot. Cover and bring to a simmer for 10 min
- AFTER 10 MIN turn off stove and let broth cool slightly
- WHISK eggs in a medium-sized mixing bowl until well blended and frothy
- ADD lemon juice to eggs, WHISK to incorporate
- TEMPER the egg and lemon juice mixture by slowly adding in cooled broth from the top of the pot. Once the egg mixture is warmed and won't curdle, ADD to pot and stir
- SEASON with salt and pepper to taste.

NOTE: if you have any leftover chicken in the fridge you can add it in as well!

NUTRITIONAL INFORMATION:

serving size = 1 bowl (322g)

calories 150 | fat 6.9g | protein 6.9g | carbs 15.1g | sugars 5.1g | fiber 0.7g | cholesterol 17.5mg

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INGREDIENTS:

- 65g diced carrots
- 50g diced celery
- 40g diced onion
- 28g butter (or substitute olive oil)
- 1.5 litres chicken stock
- 4g chicken bouillon (if not using home-made stock)
- 80g uncooked white rice
- 2 lemons, juiced (approx. 50mL)
- 2 eggs
- salt and pepper

PREPARATION:

- MELT butter in soup pot and lightly SAUTE carrots, celery, and onions for 5 minutes
- ADD chicken stock, bouillon, and rice to pot. Cover and bring to a simmer for 10 min
- AFTER 10 MIN turn off stove and let broth cool slightly
- WHISK eggs in a medium-sized mixing bowl until well blended and frothy
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