

Lemon Chicken Soup

Serves 6

- 2 T olive oil
- ¾ C cubed carrots
- ½ C chopped yellow onion (or leek, white parts)
- 2 celery stalks
- 2 tsp minced fresh garlic
- ¾ tsp crushed red pepper
- ½ tsp thyme
- 2 bay leaves
- 720 unsalted chicken stock
- 110 g uncooked whole-wheat orzo
- 3 large eggs
- 60 ml fresh lemon juice
- 275 g cooked and shredded chicken
- 3 C chopped baby spinach
- 1¼ tsp kosher salt
- ½ tsp black pepper
- 3 T chopped fresh dill



1. Heat **oil** in a Dutch oven over **medium-high**.
2. Add **carrot, celery** and **onion**; cook, stirring often, until vegetables are softened, **3 to 4 minutes**.
3. Add **garlic** and **crushed red pepper**; cook, stirring constantly, until fragrant, **about 1 minute**.
4. Add **stock** to Dutch oven; increase heat to **high**, and bring stock to a boil.
5. Add **orzo**, and cook, uncovered, until orzo is al dente, **about 6 minutes**.
6. Meanwhile, whisk together **eggs** and **lemon juice** in a medium bowl until frothy. Once orzo has cooked 6 minutes, carefully remove 1 C boiling stock from Dutch oven.
7. Gradually add hot stock to egg–lemon juice mixture, whisking constantly to temper the eggs, **about 1 minute**. Pour egg mixture back into Dutch oven, and stir to combine.
8. Reduce heat to **medium-low**; stir in **chicken, spinach, salt** and **pepper**. Cook, stirring constantly, until spinach wilts, **about 1 minute**.
9. Divide soup among 6 bowls; sprinkle servings evenly with dill.