

Lemon Chicken Soup with Orzo

Author: Ellie Krieger, through my friend Linda T.

Carolyn T's
Main Cookbook

Servings: 4



- 4 teaspoons olive oil
- 8 ounces boneless skinless chicken breast, cubed
- 1 pinch salt
- 1 medium onion, diced
- 2 stalks celery, diced
- 1 medium carrot, diced
- 2 tablespoons fresh thyme, chopped
- 6 cups low-sodium chicken broth
- 1 cup orzo, regular or whole wheat
- 2 large eggs
- 3 tablespoons lemon juice, Meyer, if available
- 1/2 teaspoon freshly ground black pepper

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 366 Calories; 12g Fat (25.7% calories from fat); 39g Protein; 41g Carbohydrate; 3g Dietary Fiber; 139mg Cholesterol; 193mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat.

1. Heat 2 teaspoons oil in a soup pot, over medium heat. Season the chicken with salt, add to the pot, stirring a few times until just cooked through, about 5 minutes. Transfer the chicken to a dish and set aside.
2. Add remaining oil to the same pot. Add the onion, celery, carrot and thyme. Cook, stirring frequently, over medium-high heat until the vegetables are tender, about 5 minutes. Add 5 cups of chicken broth and bring to a boil. Add the orzo and allow to simmer for about 8 minutes (may take longer, check the directions on the box). Turn the heat down to low to keep the soup hot, but not boiling.
3. Warm the remaining 1 cup of broth in a small saucepan until it is hot, but not boiling. In a medium bowl beat the eggs. Gradually whisk in the lemon juice. Gradually add the hot broth to the egg-lemon mixture, whisking all the time. Add the egg mixture to the soup, stirring well until the soup is thickened. Do NOT let the soup come to a boil. Add the cooked chicken to the soup and season with salt and pepper to taste. If you prefer a thinner soup, add water or more broth to the consistency you like. Serve.