

## ***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.