

# Chicken and Vegetable Avgolemono Soup

*Adapted significantly from Festival of Greek Flavors, 2010*



## Servings: 5

*2 tablespoons olive oil  
1 whole onion, diced  
3 stalks celery, diced  
2 Turkish bay leaves  
1 teaspoon dried dill, or dried mint  
8 cups low-sodium chicken broth, [I used 8 cups water + Penzey's chicken soup base]  
1 cup carrots, diced  
1 cup pasta, dried (capellini or angel hair) or white long grain rice  
Salt and freshly ground black pepper to taste*

*3 cups cooked chicken, cubed*  
**LEMON AVGOLEMONO SAUCE:**

*1/2 cup fresh lemon juice  
4 medium eggs  
1 tablespoon cornstarch  
1 tablespoon cold water  
1 cup of broth from the soup pot*

1. In a large, heavy pan bring the olive oil to a simmer, then add the onion and celery. Saute for 4-5 minutes at medium heat (do not burn), then reduce heat and continue cooking the vegetables for about 10 minutes until they're softened.
2. Add the bay leaves, dill and chicken broth. Bring to a boil, reduce heat and simmer for 20-30 minutes, covering the pan but leaving the lid slightly cocked.
3. Add the carrots and pasta and continue to simmer very slightly until the pasta is just barely cooked.
4. Meanwhile, prepare the lemon sauce: Have all ingredients ready. In a blender combine the fresh lemon juice and eggs and puree at medium-high speed for about a minute until the mixture is very frothy.
5. In a small bowl combine the cornstarch and water; stir to dissolve completely. Add this to the egg mixture and blend just to combine. Remove a cup of broth (only) from the soup pot and while the blender is running, slowly add the hot broth to the egg mixture.
6. Pour this into the soup, and stir constantly while you bring the soup back to just **BELOW** a simmer. Do not let it boil or it will curdle. Cover the soup and allow it to rest for 10 minutes before serving. Taste the soup for seasonings. Add more lemon juice if you think it needs it.
7. Scoop about 1 3/4 cups of soup into individual wide bowls and serve immediately. If you have fresh dill, it would make a nice garnish.

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Per Serving (excluding unknown items): 414 Calories; 18g Fat (33.1% calories from fat); 52g Protein; 28g Carbohydrate; 2g Dietary Fiber; 241mg Cholesterol; 218mg Sodium. Exchanges: 1 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat.