

Avgolemano Soup

*from the kitchen of
Maureen Anders*

Ingredients

2 quarts organic chicken stock
1 white onion, finely diced
2 celery stalks, finely diced
2 tablespoons olive oil
1 cup organic brown rice
4 large organic eggs

2 teaspoon grated lemon zest
6 tablespoons fresh squeezed lemon juice
Sea salt and freshly ground white pepper, to taste
2 tablespoons chopped dill or parsley
2 cups finely chopped cooked chicken

Directions

In a large saucepan, saute olive oil, onion and celery until tender. Add chicken stock and rice. Bring to a boil. Cover, reduce heat and simmer for 45 minutes (or until rice is cooked through). Do not drain.

In a bowl, beat eggs until thick. Whisk in lemon juice and zest. Gradually add 1/2 cup hot broth from saucepan, whisking constantly. Add 2 more 1/2 cups of broth, whisking after each addition.

Pour mixture back into saucepan and stir over low heat. Add chopped chicken. Do not boil, or eggs will curdle. Add salt and pepper to taste, then sprinkle with dill or parsley.



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