



Lemon Chicken Soup

Yield: 6 cups Serving Size: ~ 1 ½ cups Number of Servings: 4

Ingredients:	Quantity
Olive oil	½ Tbsp
Diced white onion	¾ cup
Diced celery	¼ cup
Garlic powder	1 tsp
Arborio rice	¾ cup, dry
Low sodium chicken or vegetable stock	6 cups
Egg	2 each
Lemon juice	2 Tbsp
Chopped or dried parsley	1 Tbsp
Cooked, shredded chicken	8 ounces
Bay leaf (optional)	1 each
Salt	pinch, to taste

Method of Preparation

1. Gather ingredients and a medium sauce pot
2. On a medium heat, add a splash of olive oil to the pot
3. Sweat onions and celery, add garlic powder in once the onions become translucent
4. Add 3 cups of stock, reserving the other 3 cups for later
5. Add rice, and let simmer for ~20 minutes until tender
6. In a separate bowl whisk the eggs. Add lemon juice and parsley to the egg mixture
7. Reduce heat of the pot, take 1 tablespoon of the hot liquid to the egg mixture and stir rapidly. Once completed, add another tablespoon of hot liquid and repeat the process.
8. Once egg mixture is warm, slowly add it to the pot while stirring continuously until combined
9. Add chicken to the pot
10. Let the pot simmer on a low heat for another 15-20 minutes. You will notice the liquid will thicken.
11. Taste, and adjust seasoning to your preference.
12. Serve warm and enjoy!

Note: If you want a thicker soup, let simmer for a bit longer for more liquid to evaporate. For a thinner soup, keep step 10 cooking time as is or reduce to 10-15 minutes

Nutritional Analysis: Per serving

Calories:	240	Fiber:	4 g
Total Fat:	5 g	Cholesterol:	80 mg
Saturated Fat:	1 g	Vitamin A	250 mcg
Mono Fat:	2 g	Vitamin D	1 mcg
Protein:	18 g	Sodium:	300 mg
Carbohydrates	30 g	Potassium:	81 mg