



Avgolemono (Greek Lemon Soup)

INGREDIENTS

8 cups chicken stock

2 celery stalks

3 boneless, skinless chicken thighs

Juice of 1 lemon

1 whole onion: peeled

2 carrots; peeled

2 egg yolks

Fresh parsley; chopped

3 garlic cloves: peeled

1 TBS salt

Zest of 1 lemon

DIRECTIONS

Chicken, Veggies and Broth: Add chicken broth, all vegetables, and salt into a large pot. Bring to a boil. Once it's boiling add the chicken. Reduce heat to medium and let cook for 40 minutes. Remove the veggies and chicken from the broth. Shred chicken and set aside. Put the veggies in a blender with some of the broth. Blend and pour it back into the soup pot.

The Avgolemono (the egg-lemon sauce): Add the yolks, zest, and lemon juice to a small bowl and whisk. Slowly start adding in the hot broth (about 4 cups) and whisk vigorously the whole time until the mixture becomes as hot as the remaining broth in the pot. This step is called tempering which prevents the eggs from breaking in the soup. Now add this lemony mixture back into the soup pot with the shredded chicken and some parsley. Makes about 6 servings; 140 calories each.