

Greek Lemon, Chicken, & Orzo Soup

This is an awesomely-flavored soup, and with a deliciously creamy texture it's so good that you really don't need to add rice or pasta as is traditional. Still, to keep this true to the original recipe, I left in a small portion of orzo pasta. If you're gluten-sensitive, leave that out.

Prep Time: 20 Minutes

Simmering Time: 20 Minutes

Serves: Four

Ingredients:

2 tablespoons extra-virgin olive oil
1 medium onion, finely chopped
4 cups low-sodium chicken stock
2 cups water
2 medium carrots, diced
2 medium celery stalks, diced
¾ pound skinless chicken breast, diced into bite-sized cubes
½ cup orzo pasta (optional, skip if you are gluten sensitive)
4 green onions, chopped
4 large eggs
¼ cup lemon juice
2 teaspoons lemon zest (grated lemon skin)
1 tablespoon fresh dill weed, finely chopped (or parsley)

Directions:

Heat a large pot to medium heat, add olive oil and onion and heat until it is translucent. Add stock and water, bring to a gentle boil, then add carrots, celery, and chicken. Reduce heat and simmer for 10 minutes, raise heat to a gentle boil again and add orzo, reduce heat to medium-low, add green onions, and simmer for about 7-8 minutes until orzo is al dente; remove from heat when orzo is cooked. *(This is not a soup that improves with simmering time; total cooking time for chicken should not exceed 10 minutes, or it might be overcooked and tough, and orzo likewise should not be heated more than 8 minutes, or it will be soggy.)*

Meanwhile while the pasta is cooking, in a deep bowl whisk the eggs until frothy. Add the lemon juice in a steady stream while continuing to whisk (it helps to have an assistant for this step, or just add a little at a time and whisk between additions). Next, as you continue to whisk the egg lemon mixture, add 1 ½ cups of hot broth to eggs and lemon juice; the goal is a smooth creamy mixture without curdling the eggs. When the orzo has cooked, combine egg-lemon mixture with the soup, stir in lemon zest and fresh dill, and serve.

Enjoy!

Steven Masley, MD