

Greek Lemon Chicken-Orzo Soup

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Servings: 4

6 cups low-sodium chicken broth

1/2 cup orzo

1 large egg

2 egg yolks

Kosher salt

freshly ground pepper, 5

5 tablespoons fresh lemon juice (from about 1-1/2 lemons)

1 3/4 cups shredded rotisserie chicken, skin removed

1 1/4 cups frozen peas and carrots

In a medium saucepan over medium-high heat, bring the chicken broth to a boil. Add the orzo and cook for 2 minutes less than the label directs.

Meanwhile, in a medium bowl, whisk the egg yolks, 3/4 teaspoon of salt and 1/4 teaspoon of pepper. Whisk in the lemon juice. Reduce the heat under the orzo to low. Scoop out one cup of broth with a ladle and pour it into the egg mixture in a steady stream, whisking with the other hand. Then pour the egg mixture into the saucepan with the remaining broth and orzo in a steady stream, whisking constantly.

Stir the chicken into the soup. Increase the heat to medium and bring to a gentle simmer, stirring often. Cook, stirring, until the soup thickens slightly, about 4 minutes.

Stir in the peas and carrots and warm through.

TIP: You need to warm up (or temper) your eggs before you add them to the broth or else you'll get scrambled egg soup! Whisk the eggs with a little hot broth first, then slowly whisk them into the soup.

Per Serving (excluding unknown items): 194 Calories; 8g Fat (27.8% calories from fat); 24g Protein; 24g Carbohydrate; 2g Dietary Fiber; 159mg Cholesterol; 117mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Fat.