



Lemon Soup

When you are feeling under the weather, this is the best comfort food anyone can make. This soup will spring you or your partner back into action, after a good night sleep. Avgolemono Soup is a classic Greek soup made with chicken stock, eggs, lemon juice, shredded chicken, and rice. Avgolemono (pronounced: aHv-go-LE-mon-o) literally translated means egg-lemon. 'Avgo' means egg and 'lemono' is pretty self-explanatory!

Steps to making the soup

1. Start by adding the butter to a large soup pot over medium-high heat. Add the onions, and garlic, and let them brown in the butter for a couple of minutes. Then, add the water, bouillon cubes. Let it simmer for 10 minutes.
2. Blend it all up using an Immersion Hand Held Blender, or you can just use a regular blender. Then kick up the heat on the stove and when simmering, add the cooked rice, chicken and set a timer for 10 minutes.
3. Egg-lemon mixture. Whisk the eggs in a bowl. Slowly stream in the lemon juice while you whisk the eggs. Then, grab some of the hot soup in a ladle or measuring cup and slowly pour it into the egg mixture while you continue to whisk. This tempers the eggs so that they don't scramble when you add them to the soup pot.
4. Make soup. When the timer goes off, slowly stream in the egg-lemon sauce while you stir to combine the soup. Taste and adjust with additional salt if the soup needs it. I typically find it to be perfect once the lemon juice is added. Keep a close eye on the soup, you don't want it to boil once you add the eggs. The soup is hot enough to where it will cook the eggs so they are safe to consume. Boiling may cause the soup to have tiny specks – it's fine to eat, it just doesn't look as pretty! Ladle the soup into bowls. I like to top them with some fresh parsley and a pinch of freshly cracked pepper.

Ingredients

- 1 tablespoon butter
- 1/2 large onion, peeled and chopped
- 2 cloves garlic
- 2 cups water
- 1 chicken bouillon cube
- 1 cup of cut up pre-cooked chicken
- 1 cup pre-cooked white rice
- 3 large eggs, whisked in a bowl
- 1/3 cup lemon juice
- Fresh parsley



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