

Greek Lemon + Chicken Soup

Makes 10 cups

I had seen this soup over the years and never tried to make it. Once I did I could not stop eating it. I have changed out the traditional orzo, which is white pasta, for quinoa, which is a whole grain, and it works beautifully. This soup is a protein power house. Chicken, eggs, quinoa, and bone broth are all loaded with protein and yet this soup is light, brothy and bright from the lemon. Fresh dill is a must!

Directions

Cook the onions and garlic with the olive oil, just till soft. Add the broth, water, bay leaf, salt and pepper to the pot. Add the 2 chicken breasts and partially cover the pot. Bring just to a simmer, not boiling! Poach the chicken just till done. Remove the chicken from the broth and once it is cool shred the chicken and set aside.

While the chicken is cooling add the carrot and quinoa to the broth. Simmer till cooked through. About 20 minutes. Add the shredded chicken and zucchini and cook for a few minutes to soften the zucchini.

Whisk the eggs, lemon juice, and zest together in a bowl. Ladle enough hot broth into the eggs while whisking to warm up the eggs. Then whisk the egg mixture into the pot of hot soup. By warming up the eggs first with some broth you are tempering in the eggs. This should keep them from cooking in the soup and becoming stringy. The final soup should look smooth.

Turn off the heat and whisk in the dill. This soup is best eaten within a week or frozen. ■

Ingredients

2 tablespoons olive oil
1 large sweet onion, small diced, 3 cups
3 cloves garlic, minced
4 cups chicken broth
4 cups water
1 bay leaf
1/2 teaspoon of salt (less if using salted store broth)
1/2 teaspoon black pepper
2 boneless, skinless chicken breasts
1/2 cup small diced carrot
1/4 cup white quinoa
1 cup small diced zucchini
3 whole eggs
1/2 cup fresh lemon juice
zest of 2 lemons
1/4 cup chopped fresh dill