



## Egg, Lemon, and Rice Soup (Avgolemono Soup)

Paige Poulos uses a rich homemade stock for this classic Greek soup, but canned broth makes a good version too.

**PREP AND COOK TIME:** About 30 minutes

**MAKES:** 8 servings

- 2 quarts chicken broth
- $\frac{1}{2}$  cup long-grain white rice
- Salt and pepper
- 4 large eggs
- $\frac{1}{3}$  cup fresh-squeezed lemon juice

1. In a medium pan over high heat, bring broth and rice to a boil. Reduce heat, cover, and simmer until rice is tender to bite, 15 to 20 minutes. Add salt and pepper to taste. Remove from heat.

2. In a bowl, whisk eggs, lemon juice, and  $\frac{1}{4}$  cup water to blend. Gradually whisk in about a cup of the hot broth mixture. Then gradually whisk egg mixture into broth and rice mixture. Stir over low heat just until hot, 1 to 3 minutes; don't boil or soup may curdle. Ladle into bowls.

**Per serving:** 117 cal., 20% (23 cal.) from fat; 12 g protein; 2.6 g fat (0.8 g sat.); 10 g carbo (0.2 g fiber); 107 mg sodium; 106 mg chol.