

LEMON CHICKEN SOUP

A healthy soup to heal the body and soul, while stimulating your digestion and zinging your taste buds.

SERVINGS	SERVING SIZE	TIME TO MAKE
6	1 1/2 cups	40 MINUTES

INGREDIENTS

- 1 Tablespoon Extra Virgin Olive Oil (EVOO)
- 3 Carrots, peeled and diced
- 1 Onion, peeled and diced
- 3 Garlic Cloves, peeled and minced
- 8 cups Broth, you can use vegetarian or chicken broth
- 1 cup Orzo
- 2 cooked Lemon Chicken Breasts (see recipe)
- 1 bunch of Kale, washed and cut up
- 1-3 eggs (optional)
- 2 lemons (1/2 cup juiced)
- zest of one lemon
- Salt & Pepper
- Dill

DIRECTIONS

1. Make the Lemon Chicken Breast
2. In a soup pot, heat the oil on medium heat for about 1-2 minutes or until pan and oil are warm
3. Add the garlic and onions and sauté for about 2 minutes, or until softened. Sprinkle with a dash of salt & pepper, Stir every few seconds with a wooden spoon.
4. Add the carrots and continue to sauté for another 2 minutes or until softened and onions are starting to brown. Continue to stir while cooking to help eliminate over cooking the vegetables
5. If using dried dill, add it here, if using fresh dill, wait to add toward the end of cooking to retain the flavor of the dill.
6. Add the broth/stock and let the soup come to a simmer, you may need to turn down the stove to "low." You may also want to cover the soup to help decrease liquid evaporating. Cook for about 8 minutes.

7. Add the orzo and gently mix throughout the soup, cover and let simmer for about 10 minutes.
8. Shred the cooked chicken and add to the soup, along with the kale, lemon zest and fresh dill. Stir the soup and turn off the stove.
9. Take about 1 cup of broth from the soup in a heat proof bowl, then place the lid on top of the soup.
10. In the heat proof bowl with the 1 cup of broth, whisk in the eggs and lemon juice. When everything is mixed well, gently pour this back into your soup. Cover the soup again for about 1-2 minutes.
11. Dish up and enjoy. You may need to add more salt or pepper (I always under salt as you can add salt to food but can't take it away)
12. Enjoy!

Nutritional Information per serving: 267 Calories, 11 grams Fat, 2 gram Saturated Fat, 138 mg Cholesterol, 1719 mg Sodium, 23 grams Total Carbohydrates, 4 gram Fiber, 7 grams Sugar, 20 grams Protein, 302% Vitamin A, 59% Vitamin C, 12% Calcium, 9% Iron