



Avgolemono Soup

8 Cups canned low-salt chicken broth
3 Medium carrots, peeled and chopped
2 Large celery stalks, finely chopped
1 Medium white onion, minced
1 Cup converted white rice
4 Large eggs, separated
1/3 Cup fresh lemon juice
Thin lemon slices (optional for garnish)
Chopped fresh parsley (optional for garnish)

- 1) Bring chicken broth to boil over medium-high heat. Mix in carrots, celery, onion, then rice; return to boil.
- 2) Reduce heat to medium-low, cover and simmer until rice and vegetables are tender, about 20 minutes. Remove from heat.
- 3) Ladle 2 cups hot broth into measuring cup. Using electric mixer, beat egg whites in large bowl until stiff but not dry. Beat yolks into whites.
- 4) At low speed, beat lemon juice and 2 cups broth into eggs.
- 5) Return mixture to soup. Rewarm soup (do not boil).
- 6) Season with salt and pepper.

