



Avgolemono Chicken Soup with Rice

## Introduction

Avgolemono chicken soup is a delightful dish that combines the tangy flavor of lemon with the creamy richness of egg and the comforting essence of chicken broth. This Greek-inspired recipe is perfect for chilly days, providing a warm hug in a bowl. The addition of rice adds a filling touch, making it a complete meal. Whether you're feeling under the weather or simply in need of a comforting bowl of soup, Avgolemono chicken soup delivers on all fronts.

## Detailed Ingredients with measures

- 1 whole chicken (about 3-4 pounds), cut into pieces
- 8 cups chicken broth
- 1 cup uncooked long-grain rice
- 3 large eggs
- 1/2 cup fresh lemon juice (about 2-3 lemons)
- Salt and pepper to taste
- Fresh dill or parsley for garnish, optional

## Prep Time

Prep time for this Avgolemono chicken soup is approximately 15 minutes. This includes the time it takes to chop and prepare the chicken and other ingredients.

## Cook Time, Total Time, Yield

Cook time is about 1 hour, allowing the chicken to tenderize and the flavors to

meld. The total time to prepare the soup will be around 1 hour and 15 minutes, including the prep. This recipe yields approximately 4-6 servings, making it perfect for a family gathering or meal prep for the week. Enjoy this luscious and hearty soup as a staple in your recipe collection.



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# Detailed Directions and Instructions

### **Step 1: Prepare the Chicken**

Start by placing a whole chicken in a large pot and fill it with enough water to cover the chicken completely. Bring the water to a boil over high heat.

### **Step 2: Add Aromatics**

Once boiling, reduce the heat to medium-low and skim off any foam that rises to the surface. Add aromatics such as onion, garlic, and celery to the pot. Simmer for about 1 hour or until the chicken is cooked through.

### **Step 3: Remove the Chicken**

Carefully remove the chicken from the pot and set aside to cool. Strain the broth through a fine-mesh sieve, discarding the solids, and return the broth to the pot.

### **Step 4: Shred the Chicken**

Once the chicken is cool enough to handle, shred the meat into bite-sized pieces and set aside.

### **Step 5: Cook the Rice**

Bring the strained broth back to a gentle simmer. Add rice to the pot and cook according to the rice package instructions, typically about 15-20 minutes.

### **Step 6: Combine Ingredients**

When the rice is almost done, stir in the shredded chicken. Allow it to heat

through for a few minutes.

### **Step 7: Prepare the Avgolemono Mixture**

In a separate bowl, whisk together eggs and lemon juice until well combined. Temper this mixture by gradually adding a ladleful of hot broth while whisking continuously to avoid curdling.

### **Step 8: Mix the Avgolemono into the Soup**

Slowly whisk the tempered egg mixture back into the soup pot, stirring gently to combine. Allow it to heat, ensuring it does not boil, which would cause the mixture to curdle.

### **Step 9: Serve and Enjoy**

Taste the soup and adjust seasoning with salt and pepper if needed. Ladle the soup into bowls and serve immediately.

## **Notes**

### **Note 1: Chicken Options**

You can use boneless, skinless chicken thighs or breasts instead of a whole chicken for easier preparation.

### **Note 2: Adjusting Thickness**

For a thicker soup, you may add more rice or allow the soup to simmer a bit longer to reduce.

### **Note 3: Lemon Flavor**

Adjust the amount of lemon juice to your taste; more can be added for a

tangier flavor.

**Note 4: Storage**

Leftover soup can be stored in an airtight container in the fridge for up to 3 days. The rice may absorb some of the broth over time.

**Note 5: Garnish Ideas**

Consider garnishing with fresh herbs like dill or parsley for added flavor and presentation.



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**Cook techniques**

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