

Lemony Chicken Orzo Soup

This week, we are featuring BEDS Community Engagement Coordinator Erin Molek's recipe for Lemony Chicken Orzo Soup, a family favorite. Warm a couple slices of Maureen's Soda Bread for dessert! Bread recipe provided by Mary Knoppe.



Lemony Chicken Orzo Soup

Ingredients:

- 1 teaspoon olive oil
- 1 small clove garlic, finely chopped
- 6 cups chicken stock
- 1 rib celery, chopped
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 1/2 cup orzo
- 2 1/2 cup frozen green beans or peas
- 3 cups chopped, cooked chicken
- 2 large eggs
- 3 to 4 tablespoons freshly squeezed lemon juice

Directions:

- Heat oil in Dutch oven over medium heat. Add garlic and cook until light brown, about 1 minute. Add stock, celery, carrots, pepper and salt and bring to boil over high heat. Add orzo and reduce heat to a simmer. Cook for about 8 minutes, until orzo is tender.
- Add green vegetables and chicken and simmer 2 minutes. Meanwhile, whisk together eggs and 3 tablespoons of the lemon juice in medium bowl. Warm egg mixture gently by whisking in about 1 cup of hot stock in a thin stream.
- Whisk egg mixture into soup and warm briefly over low heat for about 2 minutes. Do not boil or eggs will curdle. Adjust seasoning as needed.

Maureen's Soda Bread

Ingredients:

- 2 cups all purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 tablespoons cold unsalted butter, diced
- 1 cup buttermilk
- 1 cup raisins (optional)

Directions:

- Mix dry ingredients into a large bowl. Cut in butter with a pastry blender or fork until well mixed. Add buttermilk, mix until dough is moistened and forms a rough ball.
- Knead lightly on a floured surface, just to bring the dough to a smooth ball. Don't overwork the dough.
- Place on a foil lined baking sheet. Cut an X across the top of the bread and brush with the melted butter.
- Bake until golden brown, 30-40 minutes. Cool on wire rack.