

LEMONY CHICKEN AND SPINACH SOUP

INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 5 garlic cloves - minced
- 1 large leek - finely chopped
- 10 cups unsalted chicken stock
- 2/3 cup dry cauliflower rice
- 1/2 cup fresh lemon juice
- 2 eggs
- 1 tbsp. finely chopped fresh dill
- 4 cups loosely packed spinach, stems removed
- 1 shredded chicken
- 2 tsp. kosher salt
- Cracked black pepper - for serving

PREPARATION

1. Heat up oil in a large stockpot over medium heat and add garlic and leek to the pan.
2. Cook while stirring frequently, for about 10 minutes or until vegetables are soft and aromatic. .
3. Add chicken stock to vegetables and increase heat to medium-high. Bring to a boil.
4. Add cauliflower rice and reduce heat to medium-low. Cook, stirring occasionally until rice is nearly done.
5. In a medium bowl, whisk together lemon juice and eggs.
6. Now, slowly pour 1 cup of hot broth into the egg mixture, keep whisking constantly. Then pour egg mixture back into the pan, keep stirring.
7. Add dill, spinach, chicken, and salt. Allow spinach to wilt and soup to heat back up, about 10 minutes.
8. Sprinkle with black pepper, if desired.
9. Serve and enjoy!

