

# Greek Lemon Chicken Soup



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine

*This soup is a great way to serve whole grains to kids. Farro is high in fiber and protein.*

**Level:** Easy

**Yield:** 4 servings

**Total:** 40 min

**Prep:** 15 min

**Cook:** 25 min

## Ingredients:

- 3 tablespoons extra-virgin olive oil, plus more for brushing
- 2 carrots, chopped
- 1 onion, chopped
- Kosher salt and freshly ground pepper
- 1 cup farro
- 4 cups low-sodium chicken broth
- 1 wide strip lemon zest (removed with a vegetable peeler), plus the juice of 2 lemons
- 1 cup shredded rotisserie chicken breast, skin removed
- 3 large eggs
- 1/2 cup crumbled feta cheese (about 2 ounces)
- 1 tablespoon chopped fresh dill, plus more for topping
- 2 pitas, halved

## Directions:

**1** Preheat the oven to 350 degrees F. Heat the olive oil in a large pot over medium-high heat. Add the carrots, onion, 1/2 teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until the vegetables soften, about 5 minutes. Add the farro and cook, stirring, until toasted, 1 minute. Add the chicken broth and 3 cups water; cover and bring to a boil. Add the lemon zest, reduce the heat to medium low and simmer, uncovered, until the farro is almost tender, about 15 minutes. Stir in the chicken.



**2** Whisk the eggs and lemon juice in a bowl; drizzle 1/2 cup of the hot broth into the eggs, whisking constantly. Gradually stir the hot egg mixture into the pot. Cook over medium-low heat, stirring constantly, until thickened, about 3 minutes. Season with 1/4 teaspoon salt.

**3** Combine the feta and dill in a small bowl; season with salt and pepper. Fill the pita halves with the feta mixture and lightly brush with olive oil. Transfer to a baking sheet and bake until the cheese melts, 2 to 3 minutes. Top each serving of soup with more dill; season with pepper. Serve with the stuffed pitas.

Photograph by Ryan Dausch  
Courtesy of Food Network Magazine

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