

Lemon Orzo Chickpea Soup

Ingredients:

- 1 Tbl Olive oil
- 1 Small white onion, peeled and diced
- 3 medium carrots, diced
- 5 cloves garlic, minced
- 10 cups vegetable stock
- 2 (15 oz) cans chickpeas, rinsed and drained
- 1 cup orzo
- 4 eggs
- 1/2 cup fresh squeezed lemon juice
- 2 large handfuls fresh baby spinach
- 1 - 3 Tbs chopped fresh dill
- Salt and pepper

Heat oil in a large pot over medium-high heat. Add onion and saute for 3 minutes, stirring occasionally. Add carrots and garlic and saute for 5 more minutes, stirring occasionally.

Add stock and chickpeas, stir to combine. Continue cooking until soup reaches a simmer. Then reduce heat to maintain a low simmer.

Add orzo and stir to combine. Continue Cooking until the orzo is al dente, stirring occasionally.

Meanwhile as the orzo is cooking, whisk together the eggs and lemon juice in a separate bowl until combined. Ladle out 1 cup of the hot soup broth and drizzle very slowly into the egg mixture until combined—stirring the entire time. Repeat with 1 more cup of hot broth.

Once orzo is cooked, remove the pot from the heat. Then while stirring the entire soup with one hand continuously, very very slowly drizzle the egg mixture into the soup until combined. The egg mixture should make the soup nice and creamy. If the eggs look like they are scrambling, then stop and let the pot cool down more before adding the rest of the eggs.

Return soup to low heat. Stir in the spinach and dill and stir for 1—2 minutes until spinach has wilted. Taste and season with salt and pepper as needed.