HALE BONE BROTH'S GREEK LEMON CHICKEN SOUP

Ingredients

- 4 cups Hale bone broth
- 2 lemons, 1 zested and 1 1/2 juiced save the rest of the lemon for slicing
- 4 chicken thighs
- 2 eggs
- 2 small handfuls of broccoli
- 1/2 cup cauliflower rice
- 1/4 tsp pepper
- Duxbury Sea Salt to taste

Instructions

Heat the 4 cups of Hale bone broth over medium-high heat in a large pot to a simmer. Cover with a lid to help it heat up faster. Add the chicken thighs or chicken breasts and simmer partially covered for about 15 minutes or until the chicken is cooked through. While the chicken is cooking, whisk together the lemon juice, lemon zest, and 2 eggs until nice and frothy. Temper the egg mixture.

Remove the chicken and set aside to cool enough to handle. Chop the chicken. Once the chicken is removed from the pot, lower the temperature to medium heat. Scoop out 1/2 cup hot broth from the pot.

Start whisking the egg mixture and very slowly drizzle in the hot broth while whisking constantly until all of the broth is combined. Pour the egg mixture into the pot of hot broth while whisking constantly. Add the broccoli (fresh or frozen) and cauliflower rice and heat until cooked but still has some texture, about 3-5 minutes. Add the chicken back in and season with salt and pepper to taste. Add a drop or two of Lemon Vitality oil for extra kick of lemon. Add some chopped fresh dill if you have on hand and Enjoy!