

## Creamy lemon soup with lamb mint meatballs

**SERVES** 6 (makes 8 cups) **TIME** 1¼ hours

This classic Greek soup, *avgolemono*, gets its velvety texture from beaten eggs. Once you add them, be sure not to boil the soup, or the eggs will curdle.

### MEATBALLS

1 large egg, lightly beaten

½ cup panko (Japanese-style bread crumbs)

¼ cup milk

1 garlic clove, minced

Finely shredded zest of ½ lemon

1 tbsp. each chopped fresh mint leaves and flat-leaf parsley

½ tsp. kosher salt

¼ tsp. freshly ground black pepper

½ lb. ground lamb

### SOUP AND SERVING

7 cups reduced-sodium chicken broth

Wide ribbons of zest from ½ lemon

(use a vegetable peeler)

½ cup arborio rice or sushi rice

¼ cup vegetable oil

3 large eggs

Fresh juice of 1 large lemon

Chopped fresh mint and parsley

1. Make meatballs: In a large bowl, combine egg, panko, milk, garlic, lemon zest, mint, parsley, salt, and pepper and let sit a few minutes for crumbs to soften. Add lamb, breaking up with your fingers, and mix well with your hands.
2. With wet hands, form meat mixture into ¾-in. balls (use about ¾ tsp. for each) and set on a rimmed baking sheet. Chill until a little firmer, about 15 minutes.
3. Meanwhile, make soup: In a large covered pot, bring broth and zest to a simmer. Add rice and simmer over low heat, partially covered, until rice is al dente, about 20 minutes.
4. While soup simmers, heat oil in a large, heavy frying pan (preferably nonstick) over medium-high heat. Cook meatballs in 2 batches, turning once, to brown on

2 sides, about 6 minutes total. Shake pan, rolling meatballs around to brown a little further. With a slotted spoon, transfer meatballs to paper towels.

5. With a slotted spoon, remove zest from soup and discard. Add meatballs and bring to a simmer over high heat. Turn off heat.
6. In a medium bowl, whisk eggs to blend and add lemon juice. Whisk in a ladle of hot soup. One at a time, whisk in about 5 more ladles of soup, then return mixture to pot. Rewarm over low heat if needed. Serve immediately with more mint and parsley.

**PER 1½-CUP SERVING** 312 CAL., 51% (158 CAL.) FROM FAT; 21 G PROTEIN; 18 G FAT (5.3 G SAT.); 20 G CARBO (0.7 G FIBER); 344 MG SODIUM; 179 MG CHOL. ■



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