



Soup

The secret to this is the nice contrasting flavors of the Lemon Zest, and Oregano – really nice, light and a great summer soup. From Barry at 129-1/2

Mediterranean Lemon Chicken Soup

(prep time 15 – 20 minutes)

In a large pot:

- ¼ C Olive Oil
- ¼ C Roasted Garlic
- 1 T Fresh Garlic
- Zest of One Lemon
- Juice of 1 Lemon

- Sauté until Garlic is lightly browned then add:

1 1/2# Diced Chicken Breast that is lightly salted and peppered

Sauté, adding slightly more olive oil if needed

Once Chicken is seared on all sides – dust with ¼ C Flour, creating a Roux

Add:

1 qt Chicken Stock
3 Cups Garbanzo Beans, or Chicken Peas
2 T Fresh, Rough Chopped Oregano

Bring to a boil and add:

3 qrts Vegetable / Chicken Stock Blend

Bring to Boil, Season with Salt and Pepper – Done - surprisingly delicious and easy!