

## **LEMON & WILD RICE SOUP (with ham)**

Source: **BETTER HOMES & GARDENS Great Cooking For 2**

Cook/Prep Time: 50 Minutes

### **INGREDIENTS:**

2 C chicken broth  
3 TBS wild rice  
2-3 tsp lemon juice  
Dash pepper  
1 beaten egg  
1 TBS sliced green onion  
[1 C chopped fully cooked ham]

### **DIRECTIONS:**

In medium saucepan, bring broth to boil. Meanwhile, rinse/drain wild rice - add to broth - reduce heat - cover/simmer 40 minutes or till rice is tender.

Stir in lemon juice & pepper - pour egg into broth mixture in steady stream while stirring 2-3 times to create shreds.

To serve, ladle into bowls & garnish with slice green onion.

[For variation, prepare as above, EXCEPT stir ham into soup with lemon juice]

Serves: 2

[per serving without ham: calories: 125; protein: 10g; carbohydrates: 12g; total fat: 4g; saturated fat: 1g; cholesterol: 108mg; sodium: 108mg; potassium: 302mg -- with ham: calories: 234; protein: 12g; carbohydrates: 12g; total fat: 8g; saturated fat: 3g; cholesterol: 146mg; sodium: 1,737mg; potassium: 524mg]