Creamy Artichoke and Watercress Soup

One of the best ways to stay full throughout the today is to enjoy nutritionally dense soups.  
serves 2  
  
Ingredients  
2 cans (14 oz.) reduced-sodium chicken broth  
1/4 cup brown, black, or red rice. Quinoa or barley also work well.  
1 can (14 oz.) artichoke hearts, drained and rinsed  
2 large eggs, at room temperature  
2-3 Tbsp fresh lemon juice, to taste  
1 1/2 Tbsp chopped fresh dill  
4 cups (2 bunches or bags) watercress (B&W brand if available)  
(a few sprigs reserved for garnish, the remainder cut into 2-inch pieces)  
1/8 tsp freshly ground pepper  
  
Preparation  
1. Combine the broth and rice in a large saucepan and bring to a boil over high heat. Reduce the heat to a simmer and cook, uncovered, until the rice is very tender, about 15 minutes.  
2. Place the artichoke hearts, eggs, and lemon juice in a blender and puree. With the machine running, ladle about half of the rice mixture through the opening in the cover, and puree until smooth. (Use caution when pureeing hot liquids.) Return the pureed mixture to the saucepan and cook, stirring constantly, until an instant-read thermometer registers 160°F, reducing the heat as necessary to prevent the soup from boiling.  
3.Stir in the dill, watercress and pepper. Garnish with the reserved sprigs of watercress.