
Lemon Chicken Orzo Soup

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Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 50 minutes

Because this recipe uses six cups of chicken broth, using homemade broth or other high-quality broth can make a big difference in the flavor.

6 ounces orzo pasta
1 tablespoon olive oil
1 cup carrot, chopped
3/4 cup onion, chopped
2 cloves garlic, minced
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon black pepper
1 bay leaf
6 cups low-sodium chicken broth
6 ounces cooked chicken breast half, chopped
1 1/2 teaspoons lemon zest
1/3 cup lemon juice
1 package (5 ounce) baby spinach
1 sliced lemon (for garnish)
1/4 cup Parmesan cheese (for garnish)

Cook the orzo according to package directions until partially cooked through (still firm in the center), about 5 minutes. Drain and rinse with cold water until completely cooled.

Heat oil in a large pot over medium heat. Add the carrot, celery and onion. Cook, stirring, until the vegetables begin to soften and the onion is translucent, 5 to 7 minutes. Stir in the garlic. Cook until fragrant, about 1 minute more. Stir in the thyme, oregano, salt, pepper and bay leaf. Cook for 30 seconds. Stir in the broth.

Bring to a boil. Reduce the heat to medium-low. Simmer, partially covered, until the vegetables are just tender, about 10 minutes.

Stir in the orzo, chicken, lemon zest and lemon juice. Cook until heated through, about 5 minutes. Discard the bay leaf. Add the spinach. Cook until wilted and the orzo is tender, 2 to 3 minutes. Garnish with lemon slices and Parmesan cheese.

(Ungarnished soup keeps in an airtight container up to three days chilled or up to three months frozen.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 118 Calories; 7g Fat (36.4% calories from fat); 19g Protein; 8g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 243mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat.