

QUICK LEMON CHICKN ORZO SOUP



INGREDIENTS:

- 1 tablespoons olive oil
- 1 pound shredded roasted chicken (or cook your own)
- 3 cloves garlic, minced
- 1 small onion, diced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 1/2 teaspoon dried thyme
- 2 - 32 oz boxes of unsalted chicken stock
- 2 bay leaves
- 3/4 cup uncooked orzo pasta
- 1 sprig rosemary
- 1 cup baby spinach leaves
- Juice & zest of 1 lemon - (optional -add thin slices of 1 lemon)
- 2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

1. Heat 1 tablespoon oil in a stockpot. Add garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme until fragrant, about 1 minute.
2. Whisk in chicken stock, bay leaves and 1 cup water; bring to a boil. Stir in orzo, rosemary and chicken; reduce heat and simmer until orzo is tender, about 10-12 minutes. Stir in lemon juice, spinach and parsley; season with salt and pepper, to taste.

Side note – I like to cook my pasta separate & store separate until I add to soup to eat. If I don't I find the pasta will absorb too much liquid.

