

Lemon Chicken Orzo Soup



Ingredients

- 2 Tbsp olive oil, divided
- 1 lb boneless, skinless chicken thighs
- Dash of black pepper
- 3 cloves garlic, minced
- 1 onion, diced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 1/2 tsp dried thyme
- 5 cups no-salt-added chicken stock
- 2 bay leaves
- 3/4 cup uncooked orzo pasta
- 1 sprig rosemary
- Juice of 1 lemon
- 2 Tbsp fresh parsley leaves

Directions

1. Heat 1 Tbsp olive oil in large stockpot over medium heat. Season chicken thighs with pepper. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside.
2. Add remaining 1 Tbsp oil to the stockpot. Add garlic, onion, carrots, and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme until fragrant, about 1 minute.
3. Whisk in chicken stock, bay leaves, and 1 cup water; bring to a boil. Stir in orzo, rosemary, and chicken; reduce heat to simmer until orzo is tender, about 10-12 minutes. Stir in lemon juice and parsley; season with black pepper, to taste.
4. Serve warm, best quality when fresh.

Nutrition Facts: Serving Size: 1/6 of recipe; Calories: 250; Calories from Fat: 80; Total Fat: 9g; Saturated Fat: 2g; Sodium: 140 mg; Total Carbohydrate: 23g; Dietary Fiber: 3g; Added Sugars: 0g; Protein: 18g; Vitamin D: 0mcg; Calcium: 37mg; Iron: 2mg; Potassium: 365mg