

## Chicken Orzo Soup

Prepared by Barb Kampas

Serves 8

### Ingredients:

1 lb. chicken breasts  
4 cups low sodium chicken broth (I also add 1 Tb chicken soup base for a richer flavor.)  
1 cup orzo pasta (dry)  
1 cup diced carrots  
½ cup diced celery  
½ cup diced onions  
3 cloves minced garlic  
1 Tb olive oil  
1 tsp dried thyme  
½ tsp dried rosemary  
½ tsp dried oregano  
1 or 2 bay leaves  
Salt and pepper to taste  
1 cup frozen peas  
2 cups raw spinach (remove stems and chop)  
Juice of 1 lemon (more or less to taste)  
1 tsp lemon zest (more or less to taste)

### Preparation:

1. Prepare chicken breasts. Season to taste. (Cook so the meat can be shredded. I used a pressure pan. An Instant Pot or slow cooker will work.) Shred and set aside.
2. In a cast-iron skillet, sauté in olive oil the onions, celery, carrots, and seasonings until the veggies are tender.
3. In a large soup pot, add shredded chicken, sauteed vegetables, bay leaves, and chicken broth. Bring to a boil, cover, and simmer on low heat for 20 minutes.
4. Add the orzo, spinach, lemon juice, lemon zest, and peas. Simmer on low heat uncovered about 10 minutes or until the orzo is al dente and the spinach is cooked.
5. Adjust seasonings according to your taste preference.
6. Remove the bay leaves before serving.