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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg***Italian Chicken and Orzo Soup****Not Your Mama’s Kitchen* *Variety Shopping List**MyPlate2Yours - Lynn Dugan*Serving Size: 4Ingredients1 tablespoon olive oil1 pound boneless, skinless chicken breast1 teaspoon dried oregano1 small onion, diced2 stalks celery, sliced 4 cloves garlic, minced6 cups water4 cubes chicken bouillon ½ teaspoon salt Ground black pepper1 can (15 ounces) diced tomatoes (undrained)2 tablespoons fresh parsley, chopped (or 2 teaspoons dried parsley)1 cup orzo pasta3 cups baby spinachDirections1. Heat oil in a saucepan. 2. Sauté onion and celery until onion is translucent. 3. Add oregano and garlic; cook for a few minutes, until fragrant. 4. Sprinkle in salt and several grinds of fresh pepper. 5. Add chicken, water, bouillon and tomatoes. When brought to a boil, reduce heat and simmer (partially covered) for 30 minutes. 6. Remove chicken to a plate and shred with fork. 7. Meanwhile, add the orzo and bring to a gentle boil for 10 minutes. 8. When pasta is done, return chicken to pot and add parsley and spinach. Cook until spinach is wilted. Season with salt and pepper, to taste. 9. Serve into bowls and top with shredded Parmesan cheese. Enjoy! |