

Lemon Chicken Orzo Soup

This light and brothy chicken soup comes together in under one hour and is perfect for those cold, winter nights. Orzo is rice shaped pasta and makes the soup creamy. Feel free to add more lemon juice to make it more lemony or a rotisserie chicken from the grocery store to cut down on prep time.

Serves: 6

Ingredients

- 1 Tablespoon butter
- 1 Tablespoon olive oil
- 2 sticks celery, chopped finely
- 2 medium carrots, peeled and chopped finely
- 1/2 medium onion, peeled and chopped finely
- 3 cloves garlic, peeled and minced
- 2 Tablespoons all purpose flour
- 6 cups chicken broth
- 1/4 teaspoon Italian seasoning
- 1.5 pounds uncooked boneless chicken breasts or chicken thighs (or 1 cooked rotisserie chicken)
- 1 cup uncooked orzo
- 1 Tablespoon lemon juice or more to taste
- 1 Tablespoon chopped fresh parsley
- Salt and pepper to taste

Directions

1. Heat a large soup pot over medium high heat. Melt butter and olive oil and sauté the celery, carrots, and onions for 5-7 minutes.
2. Stir in garlic and sauté for 30 seconds, until fragrant, then add the flour and cook for another minute.
3. Pour in the chicken broth and stir until the flour has dissolved, then add the Italian seasoning and raw chicken (if using). If using cooked rotisserie chicken, add it after orzo is cooked through.
4. Cover the soup, with the lid slightly open and reduce the heat and simmer for 15 minutes.
5. Stir in the orzo and cook for another 10 minutes or until the orzo is cooked through, stirring often because orzo tends to stick to the bottom of the pot.
6. Take the chicken out of the pot, cut it up, then add it back in. Add the lemon juice, parsley and season with salt and pepper. Taste the soup and adjust the seasonings.

Nutrition Info per serving:

Calories: 300, Saturated Fat: 2.7 g, Sodium: 560 mg, Added Sugars: 0 g, Fiber: 2 g

Recipe from:

<https://www.saltandlavender.com/lemon-chicken-orzo-soup/>