

Lemon Chicken Orzo Soup

Ingredients

2 Celery Stalks (chopped)
2 Carrots (chopped)
1/2 Onion (chopped)
1 T Butter
1 T Olive Oil
2 Bay Leaves
3 clv Garlic (chopped)
2 T Flour
6 c Chicken Broth
1/4 t Italian Seasoning
1 Chicken Breast
1/2 c Orzo
1 T Lemon Juice
1/4 c Parsley (chopped)
0 ds Salt
0 ds Ground Black Pepper

Instructions

- 1.SautÃ© the celery, carrots, bay, and onions in a Dutch oven with the butter and oil over medium heat for 7 minutes.
- 2.Stir in the garlic and cook for about 30 seconds, then add the flour and cook for another minute or so.
- 3.Pour in chicken broth and stir until the flour has dissolved, then add the Italian seasoning and chicken. Bring the soup to a boil.
- 4.Cover the soup with lid slightly ajar, 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. Keep the lid off and stir it fairly often because it tends to stick to the bottom of the pot.
- 6.Turn the heat on low, take the chicken out of

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the pot and shred it, then add it back in. Add the lemon juice, parsley, and season the soup with salt and pepper. Serve immediately.