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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: 4Ingredients 1 tablespoon olive oil  1 pound boneless, skinless chicken breast  1 teaspoon dried oregano  1 small onion, diced  2 stalks celery, sliced  4 cloves garlic, minced  6 cups water  4 cubes chicken bouillon  ½ teaspoon salt  Ground black pepper  1 can (15 ounces) diced tomatoes (undrained)  2 tablespoons fresh parsley, chopped (or 2 teaspoons dried parsley)  1 cup orzo pasta  3 cups baby spinach Directions 1. 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! |