



Italian Chicken and Orzo Soup

MyPlate2Yours - Lynn Dugan

Ingredients

1 tablespoon olive oil
1 pound skinless chicken breast
1 tablespoon fresh oregano, chopped
1 small onion, diced
2 stalks celery, sliced
4 cloves garlic, minced
8 ounces cremini mushrooms, sliced
1 quart chicken stock
2 cups water
1/2 teaspoon salt and freshly ground pepper
1 (15 ounce) can petite diced tomatoes
2 tablespoons fresh parsley, chopped
1 cup orzo pasta
3 cups baby spinach
parmesan cheese, shredded

Directions

In a large pot, heat oil. Sauté onion and celery until onion is translucent. Add oregano, garlic and mushrooms and cook for a few minutes, until fragrant. Sprinkle in salt and several grinds of fresh pepper. Add chicken, stock, water, and tomatoes. When brought to a boil, reduce heat and simmer (partially covered) for 30 minutes. Remove chicken to a plate and shred with fork. In the meantime, add the orzo and simmer aggressively for 10 minutes. 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. Serve into bowls and top with shredded parmesan cheese. Enjoy!