

# Easy Lemon Chicken Orzo Soup

Recipe of the month: October



## Quick facts

- Total time: 45 mins
- Servings: 6
- Calories: 232
- Carbs: 13.5g
- Protein: 28.2g
- Fat: 6g
- Cholesterol: 64mg
- Sugar: 2.9g

## Ingredients

- ☐ 2 Tbsp olive oil
- ☐ 1 onion, chopped
- ☐ 1 cup carrots, chopped
- ☐ 1 cup celery, chopped
- ☐ 3 cloves garlic, minced
- ☐ 8 cups chicken broth
- ☐ 1.5 lb uncooked chicken breasts
- ☐ 1 tsp each oregano + thyme
- ☐ 1 tsp each salt + pepper
- ☐ 1 bay leaf
- ☐ 1 cup uncooked orzo
- ☐ 1 lemon, zested and juiced
- ☐ 4 cups kale leaves, roughly chopped

## Instructions

1. Heat olive oil in a large saucepan or soup pot over medium-high heat and sauté onion, celery, and carrots until softened, about 5 minutes. Then add the garlic and sauté for an additional 30 seconds.
2. Stir in the chicken broth, chicken, and seasonings and bring to a boil. Turn down the heat, cover, and let the soup simmer for about 15 minutes.
3. Add in the orzo and cook for an additional 10 minutes, until the orzo is al dente and the chicken is tender enough to shred.
4. Remove the chicken and cut it up or shred it, return it to the soup along with the lemon juice, lemon zest, and kale leaves. Give the soup a good stir, season with additional salt and pepper, as needed, and enjoy!

**Bon Appetit!**

Recipe source: [Easy Lemon Chicken Orzo Soup Recipe - Eat Yourself Skinny](#)