

# Chicken Orzo Soup

## Chicken Orzo Soup (adapted from WW)



Serves 8 – each serving is approx 1 1/4 cups

- 8 cups chicken broth (packaged or homemade)
- 1 tsp salt – or to taste
- 1/2 tsp black pepper – or to taste
- 4 medium carrots, peeled and sliced thin
- 1 cup uncooked orzo pasta (use whole wheat if on purple)
- 2 cups chopped or shredded cooked chicken breast
- 1/4 cup fresh lemon juice
- 3 Tbsp fresh chopped dill, divided

1. In a large soup pot, combine broth, salt and pepper. Bring to a boil over high heat
2. Add carrots and orzo, bring to a boil
3. Reduce heat to low and simmer, partially covered until orzo and carrots are tender, about 8-10 minutes
4. Stir in chicken; cook until heated through.
5. Remove pot from heat; stir in lemon juice and dill
6. Serve.