

# 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.