LEMON CHICKEN ORZO SOUP

Serves: 6
Approximate Cost of the Recipe: $8.06
Approximate Cost per Serving: $1.34

INGREDIENTS:
- 2 stalks of celery, finely chopped
- 2 medium carrots, finely chopped
- 1/2 medium onion, roughly chopped
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 tablespoons flour
- 6 cups chicken broth
  - OR water
- 1/2 teaspoon Italian seasoning
- 1/2 tablespoon dried parsley
- 10 ounces canned chicken, drained
- 1 cup uncooked orzo
- 1 tablespoon lemon juice
- Salt and pepper, as needed

DIRECTIONS:
1. Wash hands and surfaces. Rinse any fresh produce used under running water.
2. Sauté celery, carrots, and onion in soup pot with olive oil over medium-high heat for 5-7 minutes.
3. Stir in garlic; cook 30 seconds. Add flour, cook for another 1-2 minutes.
4. Pour in chicken broth and stir to dissolve flour. Add Italian seasoning and parsley and bring to a boil to cook out the flour.
5. Reduce to simmer and cook until vegetables are slightly tender.
6. Stir in orzo and cook until orzo is almost cooked completely through, about 8 minutes.
7. Stir in canned chicken and let it heat through for about 1-2 minutes.
8. Remove from heat and stir in lemon juice. Season with salt and pepper as needed.
9. Serve with fresh parsley if desired, enjoy!

Prepared by Rhode Island Community Food Bank's Healthy Habits, Eating Well on a Budget Program.
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