



Chicken & Orzo Soup

- 1 tsp (5 mL) olive oil
- ½ cup (125 mL) chopped onion
- 2 garlic cloves, pressed
- 1 tsp (5 mL) dried oregano
- 4 cups (1 L) chicken broth
- 1 cup (250 mL) water
- ¼ tsp (1 mL) black pepper
- ⅓ cup (75 mL) uncooked orzo pasta
- 1½ cups (375 mL) diced cooked chicken
- 1 cup (250 mL) chopped zucchini
- ⅓ cup (75 mL) chopped roasted red pepper
- 1 tbs (15 mL) lemon juice
- Crumbled feta cheese and snipped parsley (optional)

1. Heat oil in **Rockcrok® (2-qt./1.9-L) Casserole** over medium heat 1 – 3 minutes or until shimmering. Add onion, pressed garlic and oregano; cook and stir 3 minutes. Add broth, water and black pepper; bring to a boil over medium-high heat. Stir in orzo; cook, stirring occasionally, 8 minutes or until orzo is tender.
2. Add chicken, zucchini and red pepper to Casserole. Return to a boil; cook 1 minute. Remove from heat; stir in lemon juice. Ladle soup into bowls; sprinkle with feta cheese and parsley (optional).

Yield: 4 – 5 servings (6 cups/1.5 L)

U.S Nutrients per serving (1½ cups/375 mL): Calories 190, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 45 mg, Sodium 990 mg, Carbohydrate 17 g, Fiber 1 g, Protein 17 g