

Vegetable Orzo Soup

This vegetable soup is easy to make and tastes great! Orzo may look like rice, but is a small piece of pasta. You will find it in the pasta aisle in the supermarket.

Serves: 6

Serving size: about 1 ½ cups

1 tbsp olive oil
¼ cup diced celery
½ cup diced onion
¼ cup diced carrots
One 14.5 ounce can diced tomatoes, no salt added
4 cups low sodium chicken broth
1 cup chopped zucchini
1 cup sliced mushrooms
2 cloves garlic, minced
½ cup orzo
1 tsp Italian seasoning
½ tsp salt
¼ tsp black pepper



Directions:

1. In a large stockpot over medium heat, add the olive oil. When heated add celery, onion, and carrot. Cook for 10 minutes stirring occasionally.
2. Add the tomatoes with their liquid, broth, zucchini, mushrooms, garlic, orzo, Italian seasoning, salt and pepper. Bring to gentle boil and cook for 25 minutes, stirring occasionally.

Per serving: 120 calories, 6g protein, 3g fat (0g saturated), 0mg cholesterol, 19g carbohydrate, 2g fiber, 5g sugar, 490mg sodium

%DV: vitamin A 25%, vitamin C 30%, calcium 4%, iron 8%

Recipe adapted from "The Everything Easy Mediterranean Cookbook"