

The BEST Chicken Soup

Instructions

1. In a large soup pot, heat the olive oil over medium heat. Add the orzo and toast for 1-2 minutes or until fragrant. Set aside in a bowl.
2. Add the chopped onion to the pot and sauté for 1-2 minutes. Add the chopped carrots and celery and sauté for 4-5 minutes. Add the garlic and sauté for 1-2 more minutes. Add the vegetable broth and bring everything to a boil.
3. Turn the heat to medium, then add the orzo and cook for 5 minutes.
4. Add the chicken to the soup and heat through.
5. In a small bowl, squeeze the juice from both lemons. Add two eggs and whisk until incorporated. Add one ladle of soup to the egg mixture and mix to heat up. Then, slowly stir the egg mixture into the soup pot.
6. Add spinach, salt, and pepper to the soup. Heat through until the spinach is wilted. Add chopped dill, stir, and serve!

Ingredients

- 1-2 tbsp of olive oil
- 1 cup of whole wheat orzo
- 1 onion, chopped
- 3 carrots, chopped
- 3 celery stalks, chopped
- 3 cloves of garlic, minced
- 8 cups of vegetable broth
- 2 cups of shredded chicken (or one can of chickpeas)
- 2 lemons
- 2 eggs
- 3 cups of spinach
- Salt
- Pepper
- Fresh dill

Grocery List

Canned Goods/Grocery

- Olive oil
- Whole wheat orzo
- Vegetable broth
- Chickpeas
- Salt and pepper

Produce

- Onion
- Carrot
- Celery
- Garlic
- Lemon
- Spinach
- Fresh dill

Meat/Dairy

- Shredded chicken
- Eggs