

Slow Cooker Chicken & Orzo Pesto Soup

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-italian-squash-recipe>

Ingredients:

- 28 ounces chicken broth
- 2 cups reduced fat milk
- pepper
- salt
- 1/2 cup pesto
- 1 1/2 cups carrots chopped
- 1 cup celery chopped
- 1 Italian squash medium, chopped
- 1/4 cup onion chopped
- 1 teaspoon dried oregano
- 1 1/2 teaspoons minced garlic
- 2 chicken breasts large
- 1 cup orzo pasta whole wheat, uncooked

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 80 milligrams
4. Fat: 8 grams
5. Fiber: 5 grams
6. Protein: 40 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 510 milligrams
9. Sugar: 10 grams

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