

Greek Chicken Orzo Soup

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-orzo-soup-recipe>

Ingredients:

- 2 skinless chicken breasts boneless, cut into bite sized pieces
- 2 tablespoons extra-virgin olive oil
- 1 cup leeks chopped
- 3 cloves garlic minced
- 1 red pepper chopped
- 1 bay leaf
- 1/2 teaspoon cinnamon
- 1/2 teaspoon hot red chili pepper flakes
- 4 sprigs fresh dill
- 28 ounces diced tomatoes
- 3 1/2 cups chicken broth
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon salt
- 1 cup orzo uncooked
- 10 ounces frozen spinach thawed

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 35 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 1 grams
8. Sodium: 430 milligrams
9. Sugar: 5 grams

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