

Greek-Flavored Spinach and Orzo Soup

Yield: 7 min
Total Time: 50 min

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

Ingredients:

- 1 1/2 tablespoons olive oil
- 1 cup leeks chopped, well-washed
- 1 red bell pepper large, diced
- 3 cloves garlic minced
- 3/4 cup orzo rice-shaped pasta
- 4 cups homemade vegetable stock or prepared
- 4 cups water with 2 vegetable bouillon cubes
- 16 ounces diced tomatoes undrained
- 6 ounces fresh spinach washed, stemmed, and chopped
- 1/4 cup fresh parsley chopped, or dill, or a combination, or more to taste
- 1 lemon
- salt
- freshly ground pepper

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 24 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. Sodium: 150 milligrams
7. Sugar: 4 grams

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