

Italian Orzo Soup

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 small yellow onion diced
- 1 cup carrots diced, about 3 carrots
- 1 cup diced celery about 4 stalks
- 3 cloves garlic minced
- 6 cups chicken stock
- 14 ounces fire roasted tomatoes
- 1 1/2 cups orzo uncooked
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried rosemary
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 cups spinach loosely packed

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 81 grams
3. Cholesterol: 10 milligrams
4. Fat: 12 grams
5. Fiber: 7 grams
6. Protein: 24 grams
7. SaturatedFat: 1 grams
8. Sodium: 1010 milligrams
9. Sugar: 12 grams

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