

Italian Orzo Tomato Spinach Soup

Yield: 5 min
Total Time: 25 min

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

Ingredients:

- 2 tablespoons olive oil
- 2 cups onions chopped
- 1 1/4 cups carrots sliced into 1/2 inch rounds
- 1 cup celery
- 6 cloves roasted garlic see notes
- 6 1/2 cups vegetable stock or chicken
- 29 ounces fire-roasted diced tomatoes
- 1 1/2 tablespoons pesto
- 1 1/2 cups orzo whole wheat or regular
- 1/2 teaspoon dried thyme
- 1/2 teaspoon italian seasoning
- 1/2 teaspoon oregano
- 3 cups baby spinach packed
- salt
- black pepper

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 57 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 1440 milligrams
8. Sugar: 9 grams

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