

Creamy Tomato Orzo Soup

Yield: 6 min
Total Time: 20 min

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

Ingredients:

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 2 cloves garlic minced
- 2 bay leaves
- 3 cans diced tomatoes 15 oz. per can
- 1 can vegetable broth 15 oz. per can
- 1 teaspoon brown sugar
- 1/4 cup fresh basil chopped
- 1 dash crushed red pepper flakes
- ground black pepper to taste
- salt to taste
- 1/2 cup plain greek yogurt
- 1 cup orzo pasta cooked

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 150 milligrams
9. Sugar: 5 grams

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