

Chicken and Parmigiana Soup with Spinach and Orzo

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-veal-parmigiana-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 onion large, diced
- 4 cloves garlic minced
- 1/2 teaspoon Herbes de Provence The first time I made this, I enjoyed it with 1/2 tsp. but now that I'm pregnant it's a bit much for m...
- 2 boxes low sodium chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 1/2 cups chicken breast shredded
- parmigiana A couple of small, rinds
- 3/4 orzo a cup of cooked
- 1 handful baby spinach