

# Slow Cooker Italian Orzo Soup

Yield: 6 min  
Total Time: 180 min

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

## Ingredients:

- 1 medium yellow onion diced
- 2 teaspoons minced garlic
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried rosemary leaves
- 1/4 teaspoon dried thyme
- 1 tablespoon tomato paste
- 1 1/2 cups shredded carrots
- 1 cup diced celery
- 2 teaspoons canola oil
- 1 bay leaf
- 14 1/2 ounces fire roasted tomatoes
- 5 cups veggie or chicken broth
- 1 cup orzo
- 1 teaspoon salt
- 1 cup half and half optional
- 3 cups spinach
- salt
- pepper
- Parmesan cheese

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 15 milligrams
4. Fat: 8 grams
5. Fiber: 6 grams
6. Protein: 10 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 740 milligrams
  9. Sugar: 6 grams
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