

LEMON CHICKEN, VEGETABLE AND ORZO SOUP



Total Time
50 MIN.

Serving Size
250 ML (8 OZ)

Difficulty
EASY

Yields
10

INGREDIENTS

	WEIGHT	MEASURE
Orzo (rice-shaped pasta), uncooked	6 ounces	170 g
Campbell's® Low Sodium Chicken Stock, prepared	8 cups	2 L
Vegetable oil	2 tbsp	30 mL
Onion, chopped	1 cup	250 mL
Carrot, chopped	1 cup	250 mL
Celery, chopped	1 cup	250 mL
Chicken breast, cooked and shredded	3/4 lb	340 g
Fresh flat-leaf parsley, chopped	1/4 cup	60 mL
Fresh Lemon juice	1 lemon	1 lemon
Lemon rind, grated	1 tbsp	15 mL

Coarsely cracked black pepper (optional)

INSTRUCTIONS

1. Cook orzo according to package instructions. Drain, rinse with cold water and set aside.
2. Reconstitute **Campbell's Low Sodium Chicken stock** 3:1 with water according to package instructions.
3. In a stock pot, heat vegetable oil on medium-high heat until hot but not smoking
4. Add onions and cook until translucent.
5. Add carrots and celery and stir to coat. 5. Heat for 5 minutes until slightly softened. Add the reconstituted **Campbell's Low Sodium Chicken Stock**. Slowly bring to a boil.
6. Simmer for 15 minutes. Add the shredded chicken, cooked orzo, flat leaf parsley, lemon rind and lemon juice.
7. Finish with coarsely cracked black pepper, to taste.