

Lemon Chicken & Orzo Soup

PREP TIME: 15 MINS

YIELDS: 1 LARGE POT (7-8 SERVINGS)

COOK TIME: 40-45 MINS



**Children's Hospital
of Philadelphia®**

Culinary Medicine

Recipe by Chef Paige Mountain

Ingredients

- 1 tablespoon unsalted butter
- 3 sticks celery (or 1/2 cup)
- 3 sticks medium carrots (or 1/2 cup)
- ½ raw onion, chopped (or 1/2 cup)
- 2 garlic cloves, chopped
- 6 cups chicken broth
- 1/8 teaspoon black pepper
- 1 pound raw chicken (about 3 breasts)
- 1 cup uncooked orzo (or other pasta)
- 1 zested lemon
- Parsley, chopped as garnish

Recipe Benefits

- Hydrating
- Anti-Nausea
- Anti-Inflammatory

Qualities

Texture: Multi/Soft

Rating for Scent : 5/10

Spice Level: 0/10



Nutrition Content for 1 serving

Calories: 240kcal

Fat: 6.7g

Protein: 24.5g

Sodium: 315.5mg

Carbohydrates: 19.7g

Fiber: 2.5g

Added sugar: 0g

Directions



1. Warm a pot over medium heat.
2. Add the butter, celery, carrots, and onions. Cook until fragrant, 3-5 minutes.
3. Add the garlic and stir to combine, cook another 2-3 minutes.
4. Add 6 cups broth, salt, & pepper. Stir to combine & bring to a boil.
5. Add the raw chicken breasts to the boiling broth.
6. Lower the heat down to low/medium to simmer the broth & cover with a lid.
7. Simmer the ingredients together for 15-20 minutes.
8. Add additional chicken broth as needed to thin soup (evaporation may have occurred).
9. (See Chef Tips before proceeding with this step) Add in the uncooked pasta and continue to simmer for 10-11 minutes or until orzo is tender.
10. Zest the lemon using a zester/fine grater and squeeze the lemon juice into the soup (be careful of seeds).
11. Top with chopped parsley as a garnish & pop of freshness and serve warm.

Chef Tips/Adjustments

- Only add pasta to the soup if planning to eat right away. If planning to store in the refrigerator or freezer for future use, boil the pasta separately and only add in the desired amount into each individual bowl. If the pasta is added to the soup and then stored, it will end up absorbing all of the broth/liquid and make the soup very thick (plus the pasta will become mushy).