

Tuscan Chicken with Orzo Soup



Ingredients:

- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 1 pound ground chicken
- 6 cups reduced sodium chicken broth
- 1 can fire-roasted, petite diced tomatoes
- 1 can garbanzo beans, drained and rinsed
- 1 cup uncooked orzo pasta
- 2 tablespoons olive oil
- 1 teaspoon fresh basil, chopped
- 1 teaspoon fresh oregano, chopped
- 1 package fresh baby spinach, rinsed
- 1 Parmesan cheese rind
- Shredded Parmesan cheese
- Salt and Pepper

Directions:

- 1) Heat the olive oil in a large soup pot, on the stove over medium heat. Add the garlic and sauté until lightly toasted and then stir in the onion, and cook until soft.
- 2) Add the ground chicken to the pot and continue to cook 5-8 minutes until the chicken is crumbly.
- 3) Incorporate the broth, Parmesan rind, tomatoes, garbanzo beans, orzo, basil, oregano, salt and pepper into the pot, and cook for 20 minutes, until the orzo is tender.
- 4) Gently mix in the fresh spinach and cook 5-8 minutes until the spinach has wilted.
- 5) Ladle the soup into bowls and top with shredded Parmesan.