

Lemon Chicken Orzo Soup

Recipe makes 6 meals

Ingredients

3 Boneless Skinless Chicken
Breasts, 8 oz each
12 oz Orzo Pasta, dry
3 Carrots, sliced
2 Celery Stalks, sliced
2 Lemons for Juice & Zest
1 Yellow Onion, chopped
6-8 C Low Sodium Chicken
Broth
1/2 C Grated Parmesan
1 Tbsp Minced Garlic
1 Tbsp Garlic Powder
1/2 Tbsp Onion Powder
1 tsp Italian Seasoning
1 tsp Dill
1 tsp Turmeric
1/4 - 1/2 tsp Crushed Pepper
Flakes (optional)
2-3 Bay Leaves
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 393

Fat - 5g

Carbohydrates - 49g

Protein - 37g

**Estimated Cost
Per Meal**

\$2.39

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Instructions

1. Start by pouring 6-8 cups of chicken broth into your crockpot. I used 6, but if you want more broth, and your crockpot is big enough, you can add more. You can also wait until the end to decide whether or not to add more. Add in the juice from 2 lemons, the zest from 2 lemons, 1 Tbsp minced garlic, 1 Tbsp garlic powder, 1/2 Tbsp onion powder, 1 tsp Italian seasoning, 1 tsp dill, 1 tsp turmeric, and 1/2 tsp crushed pepper flakes. The pepper flakes are optional but it does balance out the flavor. Mix together well.
2. Gently lay in your 3 chicken breasts. Be careful not to splash yourself.
3. Add in your sliced carrots and spread them out evenly to get them as close to the bottom of the crockpot as possible. Being closer to the bottom will help them cook through to ensure they are tender.
4. Add in your chopped onion, celery, and bay leaves. Cover and cook on high for at least 3 hours, or until chicken is cooked through.
5. Once your chicken is done and your carrots are tender, remove the chicken from the crockpot and shred using the back of two forks or a hand mixer. Place the shredded chicken back in the crockpot and let it continue to cook on low while you make your orzo.
6. Cook your orzo according to the instructions on the package. When done, strain and add the cooked orzo to your crockpot. Be sure to remove and discard your bay leaves.
7. Last, add in 1/2 cup of grated parmesan cheese. Mix everything together, give it a taste and add salt and pepper to preference.
8. Portion out into your meal containers and enjoy!



Notes

- With soups like this, the veggies are interchangeable to fit your personal preference. Feel free to make substitutions.
- As I stated above, the amount of chicken broth used can be adjusted to meet your preference. If you have a smaller crockpot, you can add less broth initially and add more to each meal if you want more.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.