



## Recipe: Chicken Soup with Apple and Orzo

*Yields: 2 Quarts*

*Serving Size: 6 oz*

<b><u>Ingredients</u></b>	<b><u>Amount</u></b>
Olive Oil	1/2 oz.
Fresh Cubed Chicken Breasts	16 oz.
Diced Onions	8 oz.
Diced Leeks	4 oz.
Diced Celery	8 oz.
Diced Carrots	8 oz.
Diced Apples (fresh)	8 oz.
Fresh Chicken Stock	64 oz.
Orzo (cooked)	1 Cup
Fresh Parsley (chopped)	1 oz.
Salt	To taste
Pepper	To taste

### **Method:**

#### **Step 1.**

In large soup pot add olive oil. Brown cubed chicken breast. Then add onions, leeks, celery and carrots, cook until translucent.

#### **Step 2.**

Deglaze with fresh chicken stock and let simmer for thirty minutes.

#### **Step 3.**

Add cooked orzo, diced apple, fresh chopped parsley, season to taste and serve.

### **Nutritional Information per 6oz serving:**

Calories	175
Fat	7 grams
Cholesterol	41 mg
Carbohydrate	15 grams
Fiber	2 grams
Sodium	270 mg