

Orzo/Rice Soup

Olive Oil

1 sm onion, diced

1 C carrots, diced

1 C celery, diced

3 cloves garlic, minced

8 C chicken or veg stock

1 14oz. can of fire-roasted diced tomatoes

1 C orzo or rice

½ tsp dried thyme

½ tsp dried oregano

¼ tsp dried rosemary

4 C chopped spinach

Salt & pepper

Optional: top with fresh grated parmesan cheese, or dollop up yogurt, red pepper flakes, whatever you like

1. Heat oil in large stock pot over med-high heat. Add onion & saute for 4 min, til soft. Add carrots, celery & garlic and saute for an additional 3 min. Add stock, tomatoes and herbs and bring to boil then add orzo or rice. Reduce heat and simmer for 15-30min depending upon doneness of rice/orzo. Stir occasionally.
2. When pasta/rice is nearly finished, add spinach and cook additional 2 or so min. Season with salt & pepper.
3. Serve garnished with whatever toppings you like.

Note: I use this recipe loosely, adding whatever veg we have. I add a lot more stock than the recipe calls for to accommodate all the veg I put in. Increase or decrease to suit your needs.

Cheers!