

Lemony Chicken and Orzo Soup w/ Dill

Ingredients:

- 1 tablespoon vegetable or canola oil
- 1 pound boneless, skinless chicken thighs
- 1 tablespoon butter
- 2 leeks, cut into 1 inch pieces
- 1 stalk celery, chopped
- 1 carrot, chopped
- 6 cups chicken broth
- 1-2 cups water
- $\frac{3}{4}$ cup orzo
- $\frac{1}{4}$ cup chopped fresh dill
- 1 lemon (half for juice and half cut into wedges for serving)
- 1-2 cups fresh spinach
- salt & pepper

Directions:

Trim the fat from the chicken thighs and season both sides of each thigh with salt and pepper. Heat the oil in a Dutch oven (or other heavy-bottomed pot) over medium-high heat. Add the chicken and brown on both sides. Remove the browned chicken to a plate and set aside.

Add the butter to the pot (optional, depending on how much fat is rendered from the chicken), then saute the leeks, celery and carrot until the veggies soften -- about 6-8 minutes. Add the chicken broth and scrape up any browned bits from the bottom of the pot. Return the chicken to the pot and bring the soup to a boil. Reduce the heat to low, cover the pot and simmer until the chicken is done -- about 20-25 minutes. Remove the cooked chicken to a plate to cool a bit, then shred the chicken using two forks.

Add 1-2 cups water to the pot, bring the broth to a boil, then add the orzo and cook until al dente -- about 8-10 minutes.

Return the shredded chicken to the pot, add the dill and lemon juice. Taste and season with salt and pepper as needed. Serve over spinach and garnished with lemon wedges.