

Lemon, Spinach & Orzo Soup

Ingredients (Serves 4)

4 cups vegetable broth, or chicken broth
2 cups water
1 small yellow onion, diced
1 clove garlic, minced
½ stick butter
1 cup orzo pasta
1 cup frozen chopped spinach, thawed
1 cup plain yogurt
1 bay leaf
Peel of ½ lemon, cut into strips
Juice of 1 lemon

In stock pot, on medium heat, melt butter. Add onion and garlic. Reduce heat and cook until soft.

Add broth, water, lemon peel and bay leaf. Bring to a boil, reduce heat and simmer 20 minutes.

Bring back to a boil and add orzo. Boil for 5 minutes. Remove from heat, cover and let steep for 5 minutes.

Remove lemon peel and bay leaf

Stir lemon juice into soup

Add yogurt. Whisk or stir until blended.

Add spinach. Return to low heat and cook for 5 minutes.

Garnish with lemon slice

Serve with pita bread.

Notes: For a heartier meal, add diced chicken or shrimp.