

LEMON CHICKEN ORZO SOUP

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COOK TIME: 30mins

SERVES: 4-6

CALORIES: 461 kcal (PER SERVING)

INGREDIENTS

3 tbsp olive oil
6 garlic cloves, minced
1 carrot, chopped
1 shallot, finely chopped
1.1 lbs/500 g ground chicken
1 tsp each: salt, black pepper, ground cumin,
ground coriander, dried thyme
1 bay leaf
7 oz/200 g orzo
8 cups/2 L chicken broth
5 tbsp lemon juice
½ cup/120 ml cream 20% fat
3/5 oz/100 g cream cheese,
at room temperature
fresh dill, red pepper flakes and black pepper,
for serving

DIRECTIONS

Heat oil in a large pot over medium. Add garlic, shallot and carrot, cook until soft and fragrant, about 3 minutes. Add ground chicken, break it up into crumbles, cook for 5 minutes.

Stir in salt, black pepper, cumin, coriander and thyme. Add bay leaf and orzo. Pour in chicken broth and bring to a boil. Reduce heat to low and simmer, uncovered, for 10 minutes, while stirring from time to time to prevent orzo from sticking to the bottom of the pot.

When ready, add lemon juice, cream and cream cheese. Simmer for 5 minutes. Finish off with fresh dill, red pepper flakes and freshly ground black pepper. Serve immediately, enjoy!

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