

Vegetable Noodle Soup

Total: 30 min. Active: 30 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 179. Total Fat: 11g. Carbs: 14g. Protein: 8g.

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 rib celery, sliced
- 1 carrot, sliced
- 1 clove garlic, smashed
- 1/4 medium onion
- 1/4 tsp kosher salt
- 1/3 cup orzo
- 1 quart low-sodium chicken broth
- 2 tbsp of herbs (fresh parsley, basil, dill)
- 1/2 lemon, juiced
- Ground black pepper
- Whole-wheat crackers, for serving if desired

Directions

Heat the olive oil in a medium saucepan over medium heat; add all the vegetables, garlic and onion. Season with the salt, and cook until tender, about 6 minutes. Add the pasta and cook until slightly toasted and golden, about 2 minutes. Add broth, and bring to a boil over high heat. Cook, covered, until pasta is just tender, about 8 minutes.

Stir in whatever herb suits you and lemon juice. Season with pepper and additional salt, to taste.

Tip: This soup freezes well, so freeze any leftovers or make a double batch to have plenty on hand.

