

## ITALIAN ORZO SPINACH SOUP

*This delicious Italian Orzo Spinach Soup is simple, flavorful, and so comforting.*

🕒 PREP: 5 MINS   🕒 COOK: 25 MINS   🕒 TOTAL: 30 MINS



### INGREDIENTS:

- 2 tablespoons olive oil
- 1 small white onion, peeled and diced
- 1 cup diced carrots
- 1 cup diced celery
- 3 cloves garlic, peeled and minced
- 6 cups chicken or vegetable stock
- 1 (14-ounce) can fire-roasted diced tomatoes
- 1 1/2 cups (about 8 ounces) [DeLallo whole wheat orzo pasta](#), or other [whole wheat pasta](#)
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried rosemary
- 4 cups loosely-packed spinach
- salt and black pepper

### DIRECTIONS:

Heat oil in a large stockpot over medium-high heat. Add onion and saute for 4 minutes, until soft. Add carrots, celery and garlic and saute for an additional 3 minutes. Add chicken stock, tomatoes, orzo (pasta), thyme, oregano, rosemary and stir to combine. Bring soup to a simmer, stirring occasionally. Reduce heat to medium-low and simmer for 10 minutes, stirring occasionally, until the pasta is al dente.

Stir in the spinach and cook for 1-2 minutes until it is bright green and wilted. Season with salt and black pepper to taste (if needed). Serve warm.

### For the Instant Pot

I saute the carrots, celery, chicken sausage, onion, and spices, then added the tomatoes and broth, set the pot on the "soup" function for 20 minutes. I used the quick release method, then added the spinach and orzo pasta, sauteing for 8 minutes. Absolutely awesome!