

Chicken Florentine Soup

Servings: 4

This creamy Chicken Florentine Soup features tender chicken, orzo pasta, fresh spinach, sun-dried tomatoes and garlic in a rich, flavorful broth. An easy, comforting one-pot meal perfect for any night of the week.

Ingredients:

2 tbsp olive oil
1 medium onion diced
1 pinch red pepper flakes
5 cloves garlic, thinly sliced
¼ cup sun dried tomatoes roughly chopped (reserve a little oil)
6 cups chicken stock
1 parmesan rind (optional)
1 cup orzo
2 cups cooked chicken, chopped or shredded
5 oz. baby spinach
½ cup heavy cream (can substitute with whole milk or half and half)
Juice of 1 lemon

Instructions:

1. In a large soup pot over medium heat, add olive oil, onion, red pepper flakes, and a pinch of salt. Cook for 5-7 minutes or until the onion is soft and beginning to get color.
2. Add garlic and sun-dried tomatoes (and a little bit of the reserved oil that the tomatoes are in (if it seems dry). Cook for 2 more minutes or until the garlic is soft and fragrant.
3. Add in the chicken stock, the parmesan rind, the orzo, and the chicken and bring to a boil. Turn the heat down to medium and cook for 10-15 minutes, stirring every so often or until the orzo is cooked through.
4. Add the spinach, heavy cream, and the juice from one lemon and stir. Cook for 1-3 minutes until the spinach is wilted and the soup is creamy.