

Chicken and Pasta Soup

[Courtesy of Michigan Medicine](#)

Ingredients

- 1 cup orzo or pasta
- 1 tablespoon extra-virgin olive oil
- ½ medium onion, diced
- 1 clove garlic, minced
- 1 medium carrot, shredded (can substitute with a frozen vegetable medley)
- 1 rib celery, peeled and minced (can substitute with a frozen vegetable medley)
- ½ teaspoon salt
- 3 cups cooked chicken (can substitute with canned chicken)
- 5 cups chicken broth, low-sodium canned or homemade
- 1 bay leaf (optional)
- 1 sprig fresh thyme (optional)

Directions

1. Add salt to a large pot of cold water and bring to a boil over high heat. Add the pasta and boil, stirring occasionally until al dente, about 8 minutes. Drain the pasta.

2. Meanwhile, heat the olive oil in a large saucepan over medium heat. Add the onion, garlic and salt. If using fresh ingredients, add the carrot and celery and cook for about 8 minutes until tender.

*If using frozen vegetables, heat the [mixture in a skillet](#) over medium-high heat with a tablespoon of olive oil. Cook uncovered for 5-7 minutes and stir occasionally. Add this medley to your onion, garlic and salt.

3. Add the fresh or canned chicken, bay leaf, thyme, and broth to the vegetables. Cover and let simmer for 10 minutes.

4. Add the pasta to the soup just before serving. Soup can be made in advance and frozen, just omit the pasta and add when serving.

Recipe from

John Smith
United States
Biology

