



SEP 12, 2016

DINNER RECIPES

Supergreen Mushroom & Orzo Soup

By The Good Housekeeping Test Kitchen



Mike Garten

Get a serious dose of green from this comforting, one-pot soup.

TOTAL TIME: 0:35

PREP: 0:05

LEVEL: Easy

YIELD: 6 servings

Ingredients

2 tbsp. extra-virgin olive oil

1/4 tsp. Kosher salt

1 1/4 c. celery

1/2 c. shallots

1/4 c. garlic

8 c. vegetable or chicken broth

3 c. broccoli

3 c. sliced spinach

1 c. sliced mushrooms

1 c. orzo

basil pesto

Directions

- 1 In an 8-quart saucepot, heat olive oil on medium. Add salt, celery, shallots, and garlic. Cook 8 minutes or until golden, stirring.
- 2 Add broth and broccoli. Heat to simmering on high. Reduce heat to medium-low; simmer 15 minutes, stirring occasionally.
- 3 Add spinach, mushrooms and orzo. Simmer 8 to 10 minutes or until starches and veggies are softened.
- 4 Remove from heat. Stir in basil pesto to taste.

Nutritional Information (per serving): Calories 230; Protein 7g; Carbohydrate 34g; Total Fat 8g; Saturated Fat 1g; Dietary Fiber 5g; Sodium 360mg.

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