

Heart-healthy Italian Orzo Soup

Ingredients

- 1 tablespoon olive oil
- 1 small yellow onion, peeled and diced
- 1 cup celery, diced
- 4 cloves garlic, peeled and minced
- 1 cup carrots, diced
- 5 cups low-sodium vegetable or chicken stock
- 1 (14-ounce) can diced tomatoes
- 1 1/2 cups (about 8 ounces) wheat orzo or pasta
- 1 15-oz can white beans (optional)
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried rosemary
- 4 cups loosely-packed kale or spinach
- Salt and pepper

Instructions

1. In a large stockpot heat oil over medium heat.
2. Add onion, celery and garlic and saute for 3 minutes, until soft.
3. Add carrots and saute for an additional 3 minutes.
4. Add vegetable stock, tomatoes, orzo or pasta and herbs. Stir to combine.
5. Bring soup to a simmer and cook for 10 minutes, stirring occasionally, until the pasta is cooked as desired.
6. Stir in the spinach and cook for 2 minutes or until it is wilted.
7. Season to taste with salt and black pepper.