Low Sodium Chicken Soup

Ingredients:
- 4 tbsp olive oil, divided
- 3 cloves garlic, minced
- ⅛ cup onion, diced
- 3 carrots, peeled and diced
- 3 celery stalks, diced
- 1 Tbsp Herbs de Provance
- 1 ½ lbs. boneless, skinless chicken breasts, chopped into ½ inch cubes
- 8 cups low-sodium chicken broth (I prefer Aldi’s Low sodium Chicken Stock, 70% less salt)
- ½ tsp salt
- 2 bay leaves
- 8 oz orzo
- 2 tbsp fresh parsley

Preparation:

1. Heat 2 tbsp olive oil in medium stock pot add garlic, onion, carrots, celery, sprinkled with Herbs de Provance and sauté until softened. Remove from pot and set aside.
2. To the same pot, heat 2 tbsp olive oil, add chicken and cook through. Try not to brown the chicken, stop cooking right before the meat browns.
3. Add vegetables, broth, salt, bay leaves and orzo to pot. Cook until orzo is softened.
4. Remove bay leaves and garnish each bowl with parsley.

Nutrition:

Serving size: 1 ½ cups: 300 calories, 28.3 gm protein, 21.5 gm carbs, 329 mg sodium, 10.7 gm fat (2.5 gm saturated fat), 1.9 gm fiber.