



Thyme Savor Cuisine

Personal Chef Service

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Orzo Vegetable Soup

Serves-4

Ingredients:

- 1 T. olive oil
- 1 onion, diced
- 3 carrots, diced
- 3 celery stalks, diced
- 2 garlic cloves, chopped
- ¼ t. red chili flakes
- ½ t. thyme
- 1 t. oregano
- 1 t. basil
- 1 -14oz. chickpeas, drained and rinsed
- 1 -14oz. cannellini beans, drained and rinsed
- ¾ c. orzo
- 6 c. vegetable stock
- Juice of ½ lemon

- 2 c. kale, roughly chopped
- Salt and pepper, to taste

Instructions:

1. Heat the olive oil in a large stock pot and cook the onion, carrot and celery for 6-7 minutes over medium heat until softened.
2. Stir in the garlic, red chili flakes, thyme, oregano and basil and continue to cook for another minute.
3. Next, add the chickpeas, beans, orzo and vegetable stock. Stir to combine, bring to a boil, then lower the heat and simmer for 10 minutes until the orzo is cooked.
4. Stir in the lemon and kale and simmer for 1-2 minutes until the kale wilts.
5. Enjoy!