

Chicken, Spinach, and Rice Soup

This recipe makes approximately 8 cups of soup



Ingredients

1 tbsp canola oil
2 med. carrots, chopped
1 small onion, chopped
2 cloves garlic, minced
½ cup whole wheat orzo pasta
1½ cups rotisserie chicken, coarsely shredded
6 cups chicken broth, reduced sodium
1½ cups frozen peas (about 6 ounces)
8 ounces fresh baby spinach (about 10 cups)
2 tbsp chopped fresh dill
2 tbsp lemon juice
Coarsely ground pepper, optional

Directions:

1. Add oil to a 6 quart pot, heat over medium heat. Add carrots, onion, and garlic and sauté until the carrots are tender, 4-5 minutes.
2. Stir in the orzo, chicken, and broth, and bring to a boil.
3. Reduce heat and simmer uncovered for 5 minutes.
4. Stir in peas, spinach, and dill, and return to a boil.
5. Reduce heat and simmer uncovered until the orzo is tender (about 3-4 minutes)
6. Stir in lemon juice.
7. Add ground pepper to taste if desired.
8. Let the soup cool.
9. Add the cooled soup to trays, and add dividers in the 10 portion configuration.
10. Freeze until frozen solid.
11. Freeze Dry (My cycle time was 38 hours)

Rehydration:

Add ⅓ of the soup into a bowl. Add 1 - 1 ¼ cups of hot water, stir and let sit covered for 5-10 minutes until fully rehydrated and heated through. (the portions can be used to easily make a total of 6 servings)

Notes:

The serving size is 1 ⅓ cups of soup. Using chicken broth to rehydrate this soup will give a more robust flavor, if taking this backpacking try adding a tsp of chicken broth powder to the packaging and rehydrating with water.

Nutritional Value Per 1 serving

Calories: 198 Protein: 18 g Fat: 6 g Carbohydrates: 20 g Sugar: 4 g Fiber: 5 g