



FRESH HERB SOUP WITH ORZO

June 10

National Herbs and Spices Day

INGREDIENTS

- 2 Tablespoons Extra-Virgin Olive Oil
- 2 Cups Yellow Onion (finely chopped)
- ½ Teaspoon Salt
- ½ Teaspoon Black Pepper
- 1½ Cups Uncooked Orzo (enriched or whole grain-rich)
- 3 Tablespoons Parsley Stems (finely chopped)
- 1½ Cups Parsley (finely chopped)
- 2 Cloves Garlic (minced)
- 8 Cups Low Sodium Vegetable Stock
- 14 Ounce Can Cannellini or White Beans (drained and rinsed)
- ½ Cup Fresh Chives (finely chopped)
- ¼ Cup Fresh Tarragon (finely chopped)
- 2 Tablespoons Pecorino Romano Cheese (finely grated)

DIRECTIONS

1. Heat the oil in a medium Dutch oven or soup pot over medium heat.
2. Add the onion, salt and black pepper; cook, stirring occasionally, until softened, about 8-10 minutes.
3. Add the wine and cook, stirring occasionally, until the liquid has almost completely reduced, 4- 5 minutes.
4. Add the parsley stems, garlic, and crushed red pepper and cook, stirring constantly, until fragrant, 2-4 minutes. Add the broth and bring it to a boil over medium-high heat then reduce to medium-low and cook the orzo, stirring occasionally, 8-10 minutes until it's softened.
5. Reduce the heat to low and stir in the cannellini beans; cooking until they're heated through, about 2 minutes. Remove the soup from heat.
6. Stir in the chives, tarragon, and parsley leaves. Add any additional salt or pepper as needed per your taste, garnish with Pecorino Romano and serve hot.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Lunch/Supper

YIELD

10 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	¾ Cup	1½ Cups	2¾ Cups